



European Athletics U23 Championships 17-20 July 2025

TEAM MANUAL



Fana Stadium • Bergen • Norway

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1. General Information

1.1 Information about Norway

- **Capital:** Oslo
- **Area:** 285,000 km²
- **Population:** Approximately 5.5 million
- **Language:** Norwegian, with almost everyone able to speak English
- **Currency:** Norwegian Krone (NOK, kr)
- **Religion:** predominantly Protestant (Evangelical Lutheran) or non-religious
- **Time zone:** GMT +1 (CET)
- **Electricity specification:** 230V 16amp, 2-pin euro plug (Type C and F)
- **Telephone country code:** +47
- **Mobile Phone Network:** Telenor, Telia, Ice
- **Driving:** On the right side of the road
- **Water quality:** Excellent drinking water directly from the tap
- **Health:** No vaccinations are required for travel to Norway
- **Climate:** Norway has a temperate climate with regional variations. Coastal areas like Bergen experience mild winters and cool summers. In June, average temperatures typically range between 12–20 degrees Celsius

1.2 Host City

Bergen is picturesque coastal city in Norway, renowned for its rich maritime history, stunning natural surroundings, and thriving cultural life. Located on the west coast, and often called the gateway to the fjords, Bergen is home to around 290.000 residents.

One of the city's main attractions is Bryggen, the UNESCO-listed Hanseatic wharf, which offers a glimpse into Bergen's trading past. Surrounded by majestic mountains and deep fjords, the city is a paradise for outdoor enthusiasts, with hiking trails, scenic viewpoints, and boat trips readily available.

Bergen is also known for its seven mountains surrounding the city, and among those, Ulriken and Fløyen are the most iconic. Both mountains offer restaurants and cafés, and a panoramic view over the city. They are easily accessible and both are popular designations.

Bergen's vibrant city centre features a mix of historic charm and modern flair, with bustling markets, unique shops, and a wide range of restaurants and cafés. A strong cultural scene, including art institutions like the KODE Art Museums, makes Bergen a dynamic and inviting place for both locals and visitors.

2. Transportation

2.1 Arrivals

Official airport and welcome services

To ensure a proper pick-up procedure, all teams are responsible for including their exact arrival information in the Final Entries. After the closing of the Final Entries, any amendments and updates will have to be sent by email to (transport@bergen2025.no) with copy to competition@european-athletics.org. In emergency you can also contact the following number: +47 48 28 42 84.

The official airport, which is located about 6 km from the competition venue (Fana Stadium) and up to 10 minutes' drive from the furthestmost team hotel, is Bergen Airport (BGO), where the LOC will provide adequate welcome services.

Upon arrival at Bergen Airport the teams are kindly asked to approach the Welcome Desk which is located at the Arrival Hall (see Appendix 3).

If your flight is delayed, please approach the Welcome Desk. For lost luggage, proceed directly to the designated desk located in the baggage claim area.

The operating hours of the Welcome Desk will be as follows:

Date	Opening hours*
Monday, 14 July	07:00 – 23:00
Tuesday, 15 July	07:00 – 23:00
Wednesday, 16 July	07:00 – 23:00
Thursday, 17 July	07:00 – 23:00
Friday, 18 July	07:00 – 23:00
Saturday, 19 July	07:00 – 23:00
Sunday, 20 July	07:00 – 23:00
Monday, 21 July	07:00 – 23:00

* The opening hours are provisional and will be in accordance with the provided arrival and departure times from the Final Entries.

Team Leaders will be directly taken to the Team Accreditation Centre (TAC) to collect all Team Members' accreditation cards. In case of early or late arrivals, accreditation formalities shall be carried out the following morning or as soon as possible.

Arrival by road

Teams arriving by road are kindly asked to go directly to their allocated Team Hotel, where they will be welcomed at the Information Desk.

Each Team Hotel provides parking (depending on availability). The parking is free of charge for Teams staying at all hotels except Scandic Flesland. For free parking at Scandic Flesland please send a request to hotels@bergen2025.no.

Entry visas

The participants coming from the following Member Federations require visas to enter Norway and Schengen area:

Armenia - Azerbaijan – Türkiye

The following nationalities are exempt from holding a Visa:

ALB* - GEO* - KOS* - MKD* - MDA* - MNE* - SRB** - UKR*

*The exemption shall apply only to holders of biometric passports.

**Excluding holders of Serbian passports issued by the Serbian Coordination Directorate (Koordinaciona uprava).

Participants requiring visas to enter Norway should obtain them from the embassies or consulates in their country. It is crucial that relevant information is received in due time as otherwise entry to Norway may not be guaranteed.

Hence, participants who require a visa should contact the LOC to obtain a special invitation letter **by 20 June 2025**:

- Full name (first name and family name as shown in passport)
- Function in the Team (e.g. athlete, official)
- Gender
- Date of birth
- Passport number and passport expiry date (passports should be valid for at least 6 months after the end of the competition).

Please contact:

Name: Amalie Gjeraker

Mobile: +47 954 00 260

Email: amalie.gjeraker@friidrett.no

It is recommended to attach a proof of affiliation of the team members to the respective Member Federation to the visa request. The invitation will be sent to you as soon as possible.

Insurance

According to the European Athletics Regulations, the participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when traveling to and from the European Athletics event and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

2.2 Local transportation

Transportation between the Team Hotels and the various venues, including official and social functions, will be guaranteed by the LOC transportation service. All transportation schedules will be displayed in the Team Hotels as well as in the other venues which are serviced by shuttles. Furthermore, there will be Information Desks operated by volunteers in all Team Hotels which can assist with any questions or requests related to transportation. Additionally, billboards are placed at the various shuttle stops and near information desk which show a QR code that can be scanned to also obtain all related transport information (<https://bergen2025.no/shuttles-schedules/>).

Bus Shuttle service

Full details of the bus shuttle schedule to all venues and days will be displayed at the information boards in each Team Hotels and in virtual TIC.

Competition, Training & Warm-up venue

A regular bus shuttle service will operate between the official Team Hotels and the Competition Venue & Training Area. All transportation schedules will be displayed in the Team Hotels (at the Information Desks) as well as in the other venues which are serviced by shuttles.

Note: The Warm-up venue at the competition venue is open only for athletes and their relevant Team Members, competing on that day and session. Strict controls will be insured. If athletes want to train, they are more than welcome at the Leikvang Training venue.

2.3 Transportation of equipment

Each Team is responsible for organising transportation of its poles until arrival in Bergen. To ensure a proper pick-up procedure, all Teams are responsible for correct arrival information in the Final Entries including registering the poles as bulky luggage/special travel needs. Upon arrival at Bergen airport, pick-up of the poles will be arranged by the LOC who will transfer them to the Leikvang Training venue, where they will be at the athlete's disposal for training.

When you are travelling straight to the Team Hotel by your vehicle, please bring the poles to the Information Desk in the hotel, we will make sure your poles will be picked up by the LOC and transfer them to Leikvang Training venue.

The poles will be transported to Fana Stadium Competition Venue at 19:00 the day before the respective discipline as per following schedule, based on the current Competition Timetable (as of 14 May 2025):

Event		Competition	Transport to Fana Stadium	Transport to* Leikvang Stadium
Pole Vault M	Q A+B	Thursday, 17 July	Wednesday, 16 July	Thursday, 17 July
Pole Vault W	Q A+B	Friday, 18 July	Thursday, 17 July	Friday, 18 July
Pole Vault M, DEC	A+B	Friday, 18 July	Thursday, 17 July	-
Pole Vault M	F	Saturday, 19 July	Friday, 18 July	-
Pole Vault W	F	Sunday, 20 July	Saturday, 19 July	-

* After Qualification M+W (for those who are competing in the Final) the poles will be brought back to Leikvang Stadium for training.

For those who did not qualify to Final, poles will be tagged and transported to Bergen Airport after competition.

After competition, the poles will be transported to Bergen Airport, based on your travel arrangements.

All poles or bag of poles should bear the identification of the athlete (tag of the name, country, gender, event, number of poles per bag). You will be requested to fill in also a form upon arrival.

2.4 Departures

The frequency of this service will be based on the departure schedule, which will be posted at the Information Desk of each Team Hotel at least 48 hours before departure. Teams will be asked to provide full travel details together with the Final Entries. After the closing of the Final Entries, any amendments and updates will have to be sent by email to transport@bergen2025.no with copy to competition@european-athletics.org. Team leaders will also have to confirm departure details on site.

3. Accreditation

3.1 General

In general, an accreditation card is proof of authority to access specific zones to carry out a function. It will contain alpha-numeric and colour-coded cardholder categories and numbered accreditation zones. The listed zones on each card will indicate the specific access privileges for each individual.

Each Team Member will receive an accreditation card, which must be always worn and should be clearly visible. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints. The holder is granted access rights only to the zones indicated on the front and shall use the designated entrances accordingly. The accreditation card remains European Athletics property and can be withdrawn at any time.

The Head of Delegation or the Team Leader from each Team is invited to the European Athletics Club (VIP Hospitality area) and will be given the necessary access number on the accreditation card.

3.2 Team Accreditation Centre

The Team Accreditation Centre (TAC) will be located at the Quality Hotel Edvard Grieg (room Bjørnson). This is where the Team Leader shall report as soon as possible after his/her arrival, to carry out the administrative procedures.

The opening dates and times of the Team Accreditation Centre (TAC) will be as follows:

Date	Opening hours*
Monday, 14 July	09:00 – 21:00
Tuesday, 15 July	09:00 – 21:00
Wednesday, 16 July	09:00 – 21:00
Thursday, 17 July	09:00 – 21:00
Friday, 18 July	09:00 – 21:00
Saturday, 19 July	09:00 – 21:00
Sunday, 20 July	09:00 – 20:30

* The opening hours are provisional and will be in accordance with the provided arrival and departure times from the Final Entries.

The opening hours of the Team Accreditation Centre (TAC) will be adapted if necessary. The LOC will consider the team's arrival times & details to enable all teams to pick up their accreditation.

3.3 Registration procedures

Registration of all Team Members must be done through European Athletics' Entries System, during the Final Entries which will be open from 16 June to 07 July 2025 (14:00 CET). More details as per chapter 7 of the Team Manual.

Please note:

Each accreditation requires a photo (passport type, in colour, recent, in focus, facing the camera, without sunglasses or hat/cap, taken no longer than 6 months ago), which needs to be uploaded by the Final Entries deadline. Please upload all photos as a jpeg file. Each photo must not exceed 1.0MB in size. Only completed registrations including approved photos can be produced in advance and thus speed up the issuing process on site.

Accreditation cards will be printed in advance, based on the information provided by the Member Federation through the European Athletics' Entries System. No changes will be accepted after the Final Entries' deadline.

3.4 Accreditation Procedures

The Team Leaders will be asked to complete the following formalities before they can collect the accreditation cards for the whole team:

- LOC accommodation invoice,
- Team vest check,
- Collection of competition related updates (if applicable),
- Confirmation of departure details.

Please note:

- Anyone picking up one or more accreditations at the Delivery Desk has to sign for them.
- Unauthorised use of an accreditation card will result in the card being confiscated.

Loss or damage of accreditation card

A lost accreditation card is a potential security risk and will be treated very carefully by the security authorities. Any lost or damaged accreditation cards should be reported immediately to the Team Accreditation Centre. In case of losing the accreditation card, a fee of 150 EUR will be charged for the replacement.

3.5 Access areas for Teams and Special Passes

All team accreditation cards will allow access to the team seating area, Warm-up and Training areas, changing facilities and physiotherapy rooms. Only athletes who are about

to compete will have access to the Call Room and to the infield – escorted by the Officials. Furthermore, the accreditation can be used to access the Team Shuttle services and the meals in the official Team Hotels.

European Athletics shall provide special passes as required for the following categories:

- Field events coaching zone (one per athlete),
- Race Walking coaching zone (one per athlete),
- Combined Events Resting Area (one per athlete + one per Team),
- Mixed zone (for access to athletes at the end of the mixed zone) – one per Team for the Teams who have no Team Press Liaison, will be distributed during the accreditation process,
- Medical Pass (to access the main medical centre) – one per Team with medical personnel.

Those special passes will be distributed at the TIC, the afternoon of the day before the respective events, upon signature of the Team Leader and will be recognized only in combination with personal accreditation.

Access to the Doping Control Area: The athlete (and his/her representative) can access the Doping Control Station only when accompanied by a chaperone. A delayed representative, who wishes to accompany his/her athlete, shall go directly to the entrance of the Doping Control Station and will be admitted to the station once his/her athlete is identified, and the athlete is not yet accompanied by another representative.

In case the athlete needs to be tested, because of a record or any other reason, he/she shall report to the TIC and fill in a doping control request form. After completing the administrative duties, the athlete (and his/her representative) will be escorted to the Doping Control Station from the TIC.

3.6 Personal Coach Accreditation

The Teams may request additional Team accreditations (e.g., additional personal coaches) only if the maximum number of team officials as per the ratio of Athletes & Officials has been reached and fully used.

The additional team accreditation would give access to the Team areas, but without being accommodated in the Team Hotels and with no access to the Teams' transportation and catering.

Those accreditations shall be requested during the Final Entries and will be charged at the rate of 150 EUR for the duration of the Championships and directly incorporated into

the invoice of the respective Member Federations. Those additional accreditation cards can be picked up by the Team Leaders at the Team Accreditation Centre.

European Athletics reserves the right to refuse accreditation to any official that is not clearly identifiable as a team official or a personal coach.

4. Accommodation

4.1 General Information

The LOC has made accommodation arrangements for Team Members in 6 hotels of similar standard.

The hotels will officially open with full services on 14 July 2025. If members of your federation are planning to arrive earlier, please contact the LOC by email to hotels@bergen2025.no well in advance to make sure specific arrangements are made.

4.2 Information Desk

An Information Desk will be in the lobby of each Team Hotel with qualified personnel offering relevant information about all aspects of the European Athletics U23 Championships 2025.

The Information Desks' opening hours will be as follows (in case of any updates/changes it will be communicated via Information Desks):

Date	Opening hours*
Monday, 14 July	07:00 – 23:00
Tuesday, 15 July	07:00 – 23:00
Wednesday, 16 July	07:00 – 23:00
Thursday, 17 July	07:00 – 23:00
Friday, 18 July	07:00 – 23:00
Saturday, 19 July	07:00 – 23:00
Sunday, 20 July	07:00 – 23:00
Monday, 21 July	07:00 – 23:00

* The opening hours are provisional and will be in accordance with the provided arrival and departure times from the Final Entries.

4.3 Official Team Hotels

The official hotels for the European Athletics U23 Championships 2025 are indicated below. The table below shows the travel distances by car from the hotel to the venues. Travel time depends on traffic conditions.

Hotel	Address	Distance from/to Fana Stadium	Distance from/to Leikvang Stadium
Scandic Flesland Airport	Lønningsveien 9 5258 Blomsterdalen	6.1km	31.9km

Hotel	Address	Distance from/to Fana Stadium	Distance from/to Leikvang Stadium
Comfort Hotel Bergen Airport	Lønningsveien 45 5258 Blomsterdalen	6.0km	31.8km
Clarion Hotel Bergen Airport	Flyplassveien 551 5258 Bergen	6.1km	31.9km
Scandic Kokstad	Kokstadflaten 2 5257 Kokstad	4.5km	29.8km
Thon Hotel Bergen Airport	Kokstadvegen 3 5257 Kokstad	4.7km	30.0km
Quality Hotel Edvard Grieg	Sandsliåsen 50 5254 Sandsli	4.4km	29.6km

The preference for a specific team hotel could have been indicated in the team query. Every effort will be made to accommodate all teams in their preferred hotels while ensuring the most efficient allocation possible. Reservations will be managed by the LOC based on the accommodation requirements outlined in the Final Entries. Team Hotel allocations will be communicated after the closing of the Final Entries.

4.4 Accommodation Costs and European Athletics Quota

European Athletics Quota

European Athletics has previously informed all Member Federations about the allotted free places which were based on the results (places 1-8 achieved) and the number of participants per country at the European Athletics U23 Championships 2023 in Espoo, and the European U23 Season Best-List 2024 (please see Appendix 7).

Those Member Federations having been awarded a minimum of 2 (two) free places shall have at least one male and one female athlete competing. NOR as host of the Championships has not been allotted any free places.

Ratio of Athletes and Officials

The chart with the ratio of Athletes & Officials was also communicated earlier via EA circular letter no. 28/2024 and is available in Appendix 8.

Please, bear in mind that European Athletics will not cover these Officials' accommodation costs.

Accommodation costs

For all athletes within the European Athletics Quota, European Athletics will pay for full board accommodation, as stipulated in the European Athletics Competition, for a period limited to the number of competition days plus two (official period).

The official period is thus 6 nights: check-in on Tuesday, 15 July and check-out on Monday, 21 July 2025. No contribution shall be made for athletes representing the host Member Federation.

Additional nights have been fixed as follows: 1 night before the official period (14 July) and 1 night after (21 July).

If your team is planning to stay outside this period, the above-mentioned rates will not apply, and a separate agreement will have to be made with LOC, via email address: hotels@bergen2025.no.

The following rates (per room) apply for Team Members. This includes meals, VAT, and local tax.

Team Members	Single room	Twin (2) room
In-quota Athletes during official period	(N / A)	Covered by LOC/EA
Accommodation cost	160 EUR per night	250 EUR per night

For the official period, each Team will be allocated a minimum number of single rooms equivalent to 10% of the total number of travelling athletes and officials registered in the Final Entries. Additional single rooms can be requested and will be given according to availability, at the rate of EUR 160 per room.

In case of later arrival/early departure of the sharing person, the night in the twin room used as a single room will be charged at the rate of the twin room.

European Athletics Regulations

410.8.: The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for subsequent any reduction in the actual numbers of athletes and/or officials.

403.11.: European Athletics may reduce financial support (for travel, board/accommodation grants, etc.) to any European Athletics Member Federation which, after having announced their participation, does not take part, or attend the competition with a number of athletes and officials materially higher or lower than the number stated in the Preliminary Entry by 20% (*as per rule 403.8*). The latter applies only if the Preliminary Entry is more than 4 (four).

Please note: The team invoice will be based on the accommodation requests included in the Final Entries as well as any additional requirements indicated after the closing of the Final Entries.

Payment Procedures

Each Federation may be requested to make an advance payment of 50% of the total accommodation costs based on their preliminary entries. The accommodation invoice will be sent to each Member Federation detailing the amount still due after the final entries. Advance payments should be made in EUR by bank transfer to the following account:

Bank Account Holder Name	Bank details EA U23 Championships 2025:
Account Holder's Address	Norges Friidrettsforbund
Address	Sognsveien 75J, 0855 Oslo, Norway
Name of the Bank	SpareBank 1 Østlandet
Address of the Bank	Strandgata 15, 2317 Hamar, Norway
Account Number	1803 40 60882
IBAN Number	NO70 1803 4060 882
SWIFT code/BIC	SHEDNO22XXX
VAT	869 990 612

Please note that payment at the TAC can only be made by credit card (Visa, MasterCard). Respective logistics and costs must be managed by the team itself. There is no currency exchange on site.

Extra charges

All extra hotel charges (e.g., laundry, parking, extra drinks in the Catering Area) must be settled by cash or credit card directly on-site by the consuming person. Each hotel minibar is emptied and can be used to refrigerate own beverages. Furthermore, the Team Leader will be requested a credit card at check-in by the hotel reception desk to guarantee for their extras and the extras for the entire Team. Any not settled extras (e.g., phone bills or other extra services at the hotel) must be paid by the Team Leader at the latest during the check-out, before departure. All payments must be made in EUR. We kindly ask the Team Leaders to check the account for extras at the reception one day in advance before departure to avoid long waiting time at check-out on the departure day.

4.5 Rooming list

Detailed information about athletes' and officials' rooming list will have to be entered by the Member Federations during the Final Entries process.

After the closing of the Final Entries, any amendments and updates will have to be sent by email to LOC to hotels@bergen2025.no with copy to competition@european-athletics.org.

While registering their Final Entries, Member Federations will be requested to sign a consent form to allow the list of the room numbers for the members of the respective team to be communicated to Sample Collection Officials. This information will only be used for the purposes of the blood and urine testing, will be confidentially treated, and destroyed once it is no longer required for these purposes.

4.6 Meals

All meals will be served in an exclusive or dedicated catering area in buffet style and, to the extent possible, will be similar in all hotels. The menu plan will be based on European Athletics Nutritional Guidelines. A wide selection of suitable food will be available taking into consideration the special diets, religion, and culture of the participants.

Meals times will be as follows: *

Date	14 July	15 July	16 July	17 July
Breakfast	-	06:00 – 10:00	06:00 – 10:00	06:00 – 10:00
Lunch	12:30 – 16:30	12:30 – 16:30	12:30 – 16:30	12:30 – 16:30
Dinner	18:30 – 22:30	18:30 – 22:30	18:30 – 22:30	18:30 – 22:30

Date	18 July	19 July	20 July	21 July
Breakfast	06:00 – 10:00	06:00 – 10:00	06:00 – 10:00	06:00 – 10:00
Lunch	12:30 – 16:30	12:30 – 16:30	12:30 – 16:30	12:30 – 16:30
Dinner	18:30 – 22:30	18:30 – 22:30	18:30 – 22:30	18:30 – 22:30

* The opening hours are provisional and will be in accordance with the provided arrival and departure times from the Final Entries.

A late-serving provision will be made for those athletes retained at the stadium due to doping controls or protests.

Mineral water, coffee, and tea will be available free of charge during mealtimes. All other drinks must be paid for directly when ordering them. Bottled water will be available at each hotel.

Accreditation cards will allow access to meals. Furthermore, access to restaurants will only be possible at the hotel where the Team Members are accommodated. The hotel reserves the right to control access via name lists or QR code.

4.7 Services in the Team Hotels

Meeting rooms

A general meeting room per Team Hotel will be available during the official period, for all teams staying at the respective hotel. Bookings can be made by the Team Leader at the information desk at a reasonable time in advance. To ensure fair distribution among all teams, usage per team is limited. Teams requiring any additional service may make separate arrangements through the information desk. There is also the possibility to reserve office/meeting rooms for exclusive use at the team's expense (dedicated team meeting rooms with the exclusive right for the whole duration of the Championships). For these, please contact: hotels@bergen2025.no.

Rooms for physiotherapy

General physiotherapy rooms will be available in all hotels for the teams to set-up their massage beds. To ensure air distribution among all teams, the usage of the general physiotherapy rooms per team might be limited. There is also the possibility to reserve physiotherapy rooms for exclusive use at the team's expense (dedicated team physiotherapy rooms with the exclusive right for the whole duration of the Championships). For these, please contact hotels@bergen2025.no.

Internet access

Free internet access is provided at the team hotels.

Check-in/check-out times

Check-in after 15:00 and check-out by 12:00. Please note that an early check-in is upon availability. For a guaranteed early check-in, the room needs to be booked for the previous night. Please contact hotels@bergen2025.no for specific arrangements outside these times.

If you have any questions about the hotels, please contact LOC at hotels@bergen2025.no.

5. Technical Information

5.1 Technical Information Centre (TIC)

The TIC is located at the Gneist Arena (see Appendix 4).

The main function of the Technical Information Centre is to ensure a smooth liaison between each Team Delegation, the Local Organising Committee, European Athletics Technical Delegates, and the Competition Management of the Championships regarding technical matters.

The TIC will be open according to the following schedule:

Date	Opening hours
Wednesday, 16 July	11:00 – 14:30
Thursday, 17 July	07:00 – 21:30
Friday, 18 July	07:00 – 21:30
Saturday, 19 July	07:00 – 22:00
Sunday, 20 July	07:30 – 21:00

The TIC is responsible for, but not limited to, the following:

- Display on the relevant notice board of official communications to the teams, including start lists, results and Call Room schedule,
- Distribution of urgent notices to the delegations from the Technical Delegates and Competition Management via the virtual TIC and dedicated Team Leaders' Group,
- Managing Written Questions and TIC general inquiries etc. via virtual TIC or in hard copies available in TIC,
- Managing of Final Confirmations, Relay Order Declarations, and Withdrawal Forms via virtual TIC,
- Distribution of special passes the day before the respective event, according to start lists,
- Informing teams in case of any personal implement is not approved after implement control,
- Managing additional doping control requests in case of a national record,
- Registration of Protests & Appeals via virtual TIC.

The distribution of competition-related information and important notices of general interest (e.g. changes to the timetable) at the TIC will NOT be systematically made through printouts in the Team pigeonholes but will be displayed on the noticeboards and via

virtual TIC. It will still be possible to request occasional copies of specific event start lists and/or results at the TIC.

Posting Board

Teams will find a posting board at TIC displaying all start and results lists and Call Room times. The general information such as weather data or transportation times will be available at Teams general posting board in Gneist Arena.

Virtual TIC

Team Leaders will also be provided with individual and personalised access to European Athletics online tool, where they will be able to:

- Make their final confirmations,
- Download information posted by the LOC/European Athletics (technical information, qualification procedures and starting heights, daily call room schedule etc.),
- Fill-in competition forms (questions for Technical Update, technical enquiries to TIC, withdrawal forms ...),
- Launch protests and/or appeals.

The platform will be accessible at a link to be communicated to the Teams after the Final Entries, together with a detailed user manual. The online tool is accessible via any device (e.g. PC, smartphone, etc.) having access to the internet.

European Athletics strongly encourages the Team Leaders to use the virtual TIC for filling-in all relevant competition forms, including the forms for the protests and appeals.

Orientation Tour and Technical Update

All Team Leaders will meet on Wednesday, 16 July 2025 at 12:00 at the Team tents (see Appendix 4) to join the Technical Update by Technical Delegates. Besides the latest competition update, also topics like safeguarding, medical and Anti-Doping will be covered. Each team may be represented by a maximum of two people and, if necessary, an interpreter. It is very important that all teams are represented at the Technical Update.

There will be an Orientation Tour at Fana Stadion on Wednesday, 16 July 2025 at 11:00, for the Team Leaders to inspect access routes and other facilities which will be important to the Teams. Team Leaders are to meet LOC members at the Team tents (see Appendix 4), from where they will be split in groups and be escorted to this visit. The tour will be held in English.

There will be no dedicated transport provided for this activity. Team Delegates shall use the Team Shuttle Service from the Team Hotel. Please refer to the Information Desk in the Team Hotel for detailed information.

Written Questions

Any enquiries concerning the technical conduct of the Championships must be made in writing (in English). The questions have to be filled in online, via virtual TIC, by Tuesday, 15 July 2025 at 18:00.

All the latest updates (timetable amendments, qualifying procedures, starting heights and progression, etc.) and the answers to written questions will be provided to the Teams via virtual TIC.

Team Leaders' WhatsApp Group

A WhatsApp Group including all Member Federations' Team Leaders will be created on site, 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 TIC/European Athletics via this group.

European Athletics kindly asks the Team Leaders to use this group only for questions or concerns of the interest of all teams. For the questions and concerns of his/her team only, a Team Leader is encouraged to use other means of communication with the European Athletics and the LOC (email, submitting a general inquiry form in virtual TIC, etc.).

6. Competition & Training Venues, Equipment & Implements

6.1 Competition Venue

Fana Stadium and its surroundings are shown in Appendix 4. The layout per event and the infield set-up per session of Fana Stadium is shown in Appendix 5.

6.2 Warm-up Areas

The Warm-up Area (Appendix 4) – incorporating the indoor hall (Gneist Arena) and the Warm-up field for long throwing events and Shot Put - is located next to Fana Stadium and has the following sites:

Gneist Arena

- Synthetic track 200m with 6 lanes and 60m with 8 lanes,
- 2 Long/Triple Jump facilities,
- 1 Pole Vault facility,
- 1 High Jump facility.

Warm-up field for long throwing events and Shot Put

The Warm-up field will be a combined Warm-up Area for Shot Put, Javelin Throw, Hammer Throw and Discus Throw.

The weightlifting room next to Fana Stadium can be used for Warm-up purposes.

Details about transportation to the Fana Stadium and the Warm-up area are included in the transport section of this manual. The transport schedule will be displayed at the information desk in each Team Hotel.

The opening hours of the Warm-up Areas will be as follows:

Date	Opening hours Gneist Arena (incl. weightlifting area)	Opening hours Warm-up field for long throwing events and Shot Put
Wednesday, 16 July	11:00 – 13:00 Competition Venue Orientation Visit for Athletes and Teams	11:00 – 13:00 Competition Venue Orientation Visit for Athletes and Teams
Thursday, 17 July	07:15 – 21:00	07:15 – 19:45
Friday, 18 July	07:00 – 21:00	09:15 – 11:30 13:00 – 19:30
Saturday, 19 July	06:45 – 21:00	06:45 – 13:30

Date	Opening hours Gneist Arena (incl. weightlifting area)	Opening hours Warm-up field for long throwing events and Shot Put
		14:00 – 19:15
Sunday, 20 July	07:30 – 20:00	10:00 – 18:00

Due to operational and safety considerations the Warm-up throwing field will be accessible in line with the following schedule:

Date	Hammer Throw	Discus Throw	Javelin Throw	Shot Put
Wednesday, 16 July	11:00 – 13:00 (without implements)	11:00 – 13:00 (without implements)	11:00 – 13:00 (without implements)	11:00 – 13:00 (without implements)
Thursday, 17 July	10:40 – 13:25	07:35 – 10:35	13:45 – 19:30	08:00 – 10:00 11:45 – 12:55 16:50 – 18:50
Friday, 18 July	15:35 – 17:15	09:30 – 10:50 17:20 – 19:20	13:10 – 15:35	-
Saturday, 19 July	07:00 – 09:40	09:50 – 12:50	14:25 – 18:25	07:20 – 09:20 14:55 – 16:55 17:20 – 19:20
Sunday, 20 July	13:05 – 15:05	15:50 – 17:50	10:20 – 12:05	-

Equipment and implements necessary for warm-up will be available at the warm-up venues. Officials will be present to help in the case of problems or special requirements. Accreditation must be handed in when borrowing equipment, and will be returned to the athlete when the equipment is handed back in.

Please bear in mind that due to the limited capacity of the Warm-up venue, access will be guaranteed to the athletes (and their support personnel - coach and physio) competing in the respective session. Access to the Warm-up area for other team members may be limited to ensure suitable conditions for warm-up purposes.

6.3 Training Venue

The main Training Venue for the European Athletics U23 Championships 2025 will be Leikvang Stadium (Appendix 6).

The indoor arena will be used only in case of bad weather conditions. In that case athletes can use the indoor facilities for PV and LJ, TJ and track events. In case of bad weather, SP

ring and HT/DT ring in the indoor arena can be used for training but no implements will be provided or allowed.

Leikvang Stadium has the following sites:

- Synthetic track 400m with 6 lanes,
- Long Jump, Triple Jump facilities (TJ take-off boards 11m/13m),
- High Jump facility,
- Pole Vault facility,
- Hammer Throw, Discus Throw facility,
- Javelin Throw facility,
- Shot Put facility,
- Artificial grass field.

Opening hours Leikvang Stadium (incl. weightlifting area)	
Monday, 14 July	14:00 – 19:00
Tuesday, 15 July	09:00 – 19:00
Wednesday, 16 July	14:00 – 19:00
Thursday, 17 July	09:00 – 19:00
Friday, 18 July	09:00 – 19:00
Saturday, 19 July	09:00 – 19:00
Sunday, 20 July	09:00 – 16:00

Date	Hammer Throw	Discus Throw	Javelin Throw	Shot Put
Monday, 14 July	17:20 - 18:50	15:40 - 17:10	14:00 - 15:30	14:00 - 18:50
Tuesday, 15 July	13:00 - 14:50	09:00 - 10:50 / 15:00 - 16:50	11:00 - 12:50 / 17:00 - 18:50	09:00 - 18:50
Wednesday, 16 July	11:00 - 12:50 / 17:00 - 18:50	13:00 - 14:50	09:00 - 10:50 / 15:00 - 16:50	09:00 - 18:50
Thursday, 17 July	11:00 - 12:50 / 17:00 - 18:50	13:00 - 14:50	09:00 - 10:50 / 15:00 - 16:50	09:00 - 18:50
Friday, 18 July	09:00 - 10:50 / 15:00 - 16:50	11:00 - 12:50 / 17:00 - 18:50	13:00 - 14:50	09:00 - 18:50
Saturday, 19 July	13:00 - 14:50	09:00 - 10:50 / 15:00 - 16:50	11:00 - 12:50 / 17:00 - 18:50	09:00 - 18:50
Sunday, 20 July	09:00 - 10:50	11:00 - 12:50	-	-

Equipment and implements necessary for training at Leikvang Stadium will be available at the training venue. Officials will be present to help in the case of problems or special

requirements. Accreditation must be handed in when borrowing equipment, and will be returned to the athlete when the equipment is handed back in.

6.4 Official Training and Training with Official Starters at Fana Stadium

The Official Training for all athletes will take place on Wednesday, 16 July from 11:00 to 13:00. The Warm-up Areas (Gneist Arena and Warm-up field), the Combined Events Resting Area (CERA) and the TIC can also be visited during this time. During the Official Training, athletes will also have the possibility to train with official Starters from 11:30 to 12:30.

6.5 Maximum spikes length

Only spikes up to the following max. spikes length are allowed at the following competition, warm-up and training venues:

Competition venue (Fana Stadium)	Warm-up venue (Gneist Arena)	Warm-up field long throwing events (relevant for JT)	Training venue (Leikvang Stadium)	Training venue (indoor hall)
9mm cone shaped spikes <u>Exception:</u> 12mm for HJ and JT	6mm Christmas tree spikes	12mm for JT	9mm cone shaped spikes <u>Exception:</u> 12mm for HJ and JT	6mm Christmas tree spikes

All athletes must ensure their spikes meet this requirement before entering the Warm-up/Training areas. Spikes exceeding the above-mentioned length must be replaced to protect the track.

6.6 Equipment & Implements

Official Implements

The implements provided by the LOC and approved by EA and Technical Delegates (see Appendix 1) are selected from those appearing on the current World Athletics approved implements list.

Personal Implements

Personal Implements shall also be allowed, providing that:

- They are readily identifiable and are World Athletics certified.
- They have been checked for compliance with World Athletics Rules.
- They are made available to all the other competitors until the end of the Final.

Personal implements will have to be submitted to the Implement Control station (located at TIC in the Gneist Arena) the day before the event and **no later than 18:00**. Personal implements will have to be submitted before the Qualification, the submission of new implements before the Finals will not be allowed.

Please note that accordingly to WA TR32.2 and the decision of the Technical Delegates, not more than 2 implements may be submitted by any athlete for any throwing event in which he/she is competing.

If a personal implement cannot be accepted into the pool due to not meeting the specifications or being unidentifiable, the relevant team will be notified the night before the competition through the TIC, with an explanation, and the implement will be returned at the Implement Control Station at TIC.

Personal implements could be collected after the Final of the respective event at the Implement Control Station during the above-mentioned opening hours.

The opening hours of the Implement Control station will be as follows:

Date	Opening hours
Wednesday, 16 July	11:00 – 18:00
Thursday, 17 July	07:00 – 22:00
Friday, 18 July	07:00 – 22:00
Saturday, 19 July	07:00 – 22:00
Sunday, 20 July	07:30 – 21:00

Note: “World Athletics Certified” implements may include older models that previously held a certificate but are not in production any longer.

In order to speed up the checking in of eligible personal implements, please come prepared and consult the World Athletics list on the website (<https://www.worldathletics.org/about-iaaf/documents/technical-information>) in advance to identify the implement noting its World Athletics certification number. If you do not find your implement in the list but you believe that it is/was certified, please contact the World Athletics Office at technicalofficer@worldathletics.org so that its status can be checked and confirmed to you and the LOC in due time.

Statistics of used personal and official implements

There will be statistics of used personal and official implements which will be prepared and provided daily by LOC.

Markers

Athletes will not be permitted to use their own markers during the Championships. Those athletes wishing to use a marker will be required to use the markers provided by the LOC at the event site. The number of markers per athlete is limited to two (including the tape markers in the High Jump (two) and relays (one)) and one, temporary, for Shot Put, Hammer Throw and Discus Throw.

7. Entry, Qualification System, Final Entries & Confirmations

7.1 Entry Conditions and Qualification System

Please, refer to European Athletics regulations for the detailed information about entry conditions, age restrictions, 'I Run Clean' certification, and qualification system.

7.2 Entry Procedures

Entries shall be made through the European Athletics Event Management System which will be accessible at the following link: <https://evententry.worldathletics.org/>. Member Federations' entries managers shall use their already known individual and personalized access.

Final Entries

Final entries indicating the names and individual logistical information (detailed travel arrangements, accommodation request and rooming list) of the competitors and of the officials must be received as per the deadline below:

- Opening of the Final Entries: Monday, 16 June 2025
- Deadline for the Final Entries: Monday, 07 July 2025 (14:00 CET)

All Member Federations will be able to consult and print out their entries at any time during the opening period and will receive a pdf report after having sent their Final Entries. Detailed travel and rooming list information will have to be registered for each athlete and official during the Final Entries process.

Changes in logistics data

We do understand unexpected changes in the logistics plan could occur, especially in transportation (e.g. cancellation of flights). We would like to make sure these changes are well traceable, therefore please make sure that after the closing of the Final Entries any amendments and updates will have to be sent by email to transport@bergen2025.no with copy to competition@european-athletics.org.

Final Confirmation

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Confirmation of athletes will not be accepted after the deadline, which is outlined below for all events. Final Confirmations will have to be made online, via virtual TIC.

Deadline for Final Confirmations:

Competition day	Deadline for Final Confirmation
Thursday, 17 July	Wednesday, 16 July at 14:00
Friday, 18 July	Thursday, 17 July at 09:00
Saturday, 19 July	Friday, 18 July at 09:00
Sunday, 20 July	Saturday, 19 July at 09:00

Relays Declaration Forms

The composition of each relay team as well as the order of running should be officially declared via virtual TIC no later than one (1) hour before the published first call time (the time by which the athletes must be present in the Call Room) for the respective heat of each round of the competition. Later changes can be only made personally at the Call Room and no later than the published first call time (the time by which the athletes must be present in the Call Room) for the respective heat.

The applicable deadlines will be published as part of the detailed daily Call Room schedule.

Failure to Participate

Any athlete who, after the Final Confirmation has been submitted, or after qualifying during a qualifying round or a heat for any event, fails to participate in the event without giving a valid reason (e.g. a medical certificate provided by and based on an examination of the athlete by the Medical Delegate appointed under World Athletics Rule 6 of the Competition Rules or CR6), shall be excluded from participation in all further events in the competition, including Relays (see World Athletics Rule 4 of the Technical Rules or TR4).

Withdrawal

Withdrawals after Final Confirmation have to be submitted via virtual TIC. If the athlete is entered in another event of the Championships, the reason for the withdrawal has to be specified in detail, being its acceptance of the responsibility of the Medical Delegate and Technical Delegates based on the World Athletics Rules.

8. Competition Procedures

8.1 Timetable

Please refer to Appendix 2 for the competition timetable.

In case of any changes or updates following the Final Entries, the updated/latest version of the timetable would be available in the documents section of the virtual TIC.

8.2 Competition Bibs

General

For individual events, each competitor will receive 3 personal bibs with names. These must be pinned to the front and back of the competition clothing and to the bag.

- Exceptions are made for jumping events where competitors are permitted to attach one bib only to the front or to the back of their competition clothing (plus their tracksuit and bag).

For all track events (including relays and track events of combined events), athletes competing in track events will receive 3 bibs. One of them will have a transponder plastic pocket stuck at the back. These bibs with pockets must be worn as a front bib by the athletes. During the Call Room process, a transponder will be inserted into the plastic pockets by volunteers. This transponder is essential for the timing, ranking and analysis of the races.

After the races, athletes should return the transponder at the entrance of the post event (kit collection) area after the mixed zone, where they will be collected by volunteers.

Bibs must not be cut, folded, or covered in any way.

Relays

Each runner in a relay team must wear a bib with the official three-letter country code of his/her national federation on his/her back. These bibs will be distributed in the Call Room. On his/her front the runner must wear a personal bib including plastic pocket.

Race Walking

Beside one personal bib with names, each competitor in the race-walking events will be given two other bibs which must be worn as follows:

- the bib with his/her name and identification number on his/her front,
- the bib with his/her identification number only on his/her back.

Special Bibs

European Leader

The current European Leader competing in an individual event will wear a special bib (blue background) to be worn on the chest.

Combined Events

For the Combined Events, the leading athlete after each event will be given a special chest bib (yellow background), indicating he/she is the leading athlete.

If an athlete is leading during the competition, but also the European Leader, the yellow bib (leading athlete) has priority over the other status and should be worn.

In general, these bibs will be distributed at the dedicated Call Room in the Combined Events Resting Area. In case that the athletes go straight to the next event, the Referee in charge will distribute the special bib.

Hip Numbers

The athletes competing in track events will also be given two adhesive hip numbers at the Call Room, before entering the Field of Play. The hip numbers must be secured to both sides of the athlete's shorts/legs.

8.3 Competition Clothing

Competitors must wear the Federation's official team clothing. World Athletics TR5 will be strictly applied. Please make sure to follow the World Athletics Advertising Regulations in force. Clothing and items not conforming to this rule and the current World Athletics Advertising Regulations will be removed/taped at the Call Room.

European Athletics has a record of the Team vests of all Member Federations accessible at the following link: <https://eathletics.sharepoint.com/sites/EASExtranet>.

Member Federations shall confirm their team vests using the link above. If the uniform displayed differs from your current official uniform, the revised Team Vests form must be uploaded, in one single file, by **07 July 2025**. Otherwise, the existing records will be used as a reference. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete.

The rule stipulating the compulsory wearing of the official competition clothing will be applied during the competition, but also during any victory lap, interviews at the Stadium and the Medal Ceremonies.

Competition Shoes

All the competition shoes must comply with World Athletics TR5, including the sole and/or heel and the spikes dimensions. It is the athletes' responsibility to make sure that the shoes to be used for competition are on the current list of approved shoe models by World Athletics (<https://certcheck.worldathletics.org/>). In case of non-compliance with the TR5 or the list of approved shoes, an athlete may not be allowed to compete or disqualified after the competition with the result being void.

Please also refer to chapter 6.5. of the Team Manual for information about the maximum allowed spikes length for each venue.

The shoes will be checked after the competition within the post event area (kit collection) after the mixed zone, randomly as well in case of doubts or upon special requests, as well as in case of a World or European Record. In the case of World Records, the shoes will be withheld by the relevant Referee and sent later to the World Athletics as per TR5.

8.4 Call Room

The athletes have to report to the First Call either at Gneist Arena or at Warm-up field for long throwing events and Shot Put as per the Call Room schedule.

Access to the Call Room will be allowed to athletes only, controlled by accreditation cards and according to the detailed Call Room Schedule that will be published at the virtual TIC on day-by-day basis.

In general, the following reporting times will be used but may differ slightly in the final Call Room Schedule (all times are prior to the actual starting time of the event):

Event	Report to First Call	At competition site
Track	35 minutes	5-7 minutes
Relays	35 minutes	7 minutes
High Jump	70 minutes	40 minutes
Pole Vault	90 minutes	60 minutes
Long Throws (DT, HT, JT)	65 minutes	30 minutes
Other Field Events	55 minutes	30 minutes

A detailed Call Room schedule will be published each day with the actual times at which athletes are expected to arrive at the First Call. Athletes who fail to report on time to the First Call without a valid reason may be excluded from participating in this and all further events in the Championships, including relays.

Refreshments (still water) and toilets will be available next to the First Call(s) as well as the Call Room.

Call Room Procedures

In the Call Room the judges will check the following in accordance with World Athletics Rules:

- Competition bibs,

- Shoes and spikes,
- Uniforms,
- Bags (identification on and content of),
- Any other kind of advertising.

Personal belongings (video cameras, tape recorders, radios, CD players, radio transmitters, MP3/MP4, cell phones or similar devices) will not be permitted in the infield as per World Athletics Rule 6 of the Technical Rules or TR6. Competition officials in Call Room will confiscate all unauthorised items. Athletes will receive a receipt for any such items. Upon presentation of this receipt, the athletes will be able to collect such items from the TIC once their event has finished.

Please note that the accreditation cards of all athletes (competing in track and field events) will be collected in the Call Room. The cards will be redistributed to all athletes after their event in the post event area (kit collection), after the mixed zone.

Combined Events

Athletes in Combined Events need to report to the First Call at Gneist Arena only before their first event of each day. Then for any other events during the same day, the athletes are to report to the Call Room at Combined Events Rest Area (CERA) at the times provided by the Combined Events Referee, from where they would be escorted directly to the infield.

The schedule, as well as any other relevant information for the Combined Events athletes, will be shared with the Team Leaders on virtual TIC and on site at the Combined Events Resting Area.

Please note that the accreditation cards and/or confiscated items of all athletes will be collected in the Combined Events Resting Area. The cards will be redistributed to all athletes after their event in the CERA, except after the last event of each session, when the athletes will pass through the mixed zone and the accreditation cards will be available for collection in the post event area. The CERA personnel will inform the athletes of the specific arrangements accordingly.

8.5 Coaching Zones

To allow communication between athletes and coaches, seats have been reserved in the stands close to the field events (see Appendix 5). Special passes for each field event will be distributed from the TIC to the teams, according to the Final Confirmations. There will be one pass per athlete competing. The pass is only valid when accompanied by a team accreditation, this accreditation needs to be always visible.

For all field events including the field events for combined events, coaches are requested to meet at Call Room ("Coaches' collection point") at the closing time of the Call Room for the respective discipline from where they will be escorted to the respective coaching zones. When not joining the group, coaches cannot enter the areas where the coaching seats are located.

8.6 Specific Event Procedures

8.6.1 Track Events

Athletes in Track Events will be asked to enter infield already dressed in competition clothing. Tracksuits, bags, and other belongings shall be placed in baskets at Call Room, and these will be taken to the post event area (kit collection) after the mixed zone for collection after the race. Specific procedures in case of bad weather will be declared on site as necessary.

8.6.2 Field Events

In all Throwing Events, each athlete is allowed to a minimum of two practice trials under the supervision of the judges (more if time allows). The athletes will be called to the practice trials in the competition order. In the remaining Field Events, the practice trials will be supervised by the relevant judges.

In Qualification for the Final in Horizontal Field Events, all athletes will be allowed a maximum of three trials, but any athletes qualifying after their first or second trial are not allowed to take any further trials. In the Finals, the top eight athletes after 3rd attempt will be allowed three additional attempts (six in total).

In all Field Events, those achieving the qualifying standard will be qualified for the Final. If less than 12 athletes will achieve it, the group of Finalists shall be expanded to 12, adding athletes according to their performances in the qualification.

In the Finals of the Horizontal Jumps and Throwing Events, the competing order for the 4th and 5th rounds of trials shall be in the reverse ranking order based on the results after the first three rounds of trials. The competing order for the final round of trials shall be in the reverse ranking order recorded after the 5th round of trials.

In the Long Jump and Triple Jump, as per the WA Rules, a video system will be used to detect if an athlete breaks the vertical plane of the take-off line with any front part of their take-off foot/shoe. There will be a video screen in the infield, next to the runway, where the athletes would be able to see the video/picture of their take off, in case of need.

There will be also a Media Information Screen (MIS) provided next to the athletes' benches in all field events to enable following the live results by the athletes, if needed.

8.6.3 Combined Events

A resting area for the Combined Events athletes will be provided at Gneist Arena (see Appendix 4) where athletes can eat, rest and wait for their next event. There will be a salad bar with a cooling system available in CERA. In addition, lunch boxes will be available in a separate refrigerator. There will be a microwave for heating food. There will also be snacks and finger food available for Combined Events athletes at any time. Dinner will be served at the Team Hotel as per the Restaurant opening hours (see point 4.6).

Salad bar and lunch boxes will be served at the CERA Catering Area (next to the Rest Area) for all the Combined Events athletes as per the following schedule:

Event	Date	Time
Decathlon	Thursday, 17 July	13:30 – 15:30, 20:00 – 22:00
Decathlon	Friday, 18 July	13:00 – 15:30, 19:30 – 21:00
Heptathlon	Saturday, 19 July	12:30 – 14:30, 20:15 – 21:30
Heptathlon	Sunday, 20 July	12:30 – 14:30, 19:00 – 20:30

The opening times for the Combined Events Resting Area (CERA):

Event	Date	Time
Decathlon	Thursday, 17 July	07:30 – 21:00
Decathlon	Friday, 18 July	07:00 – 21:30
Heptathlon	Saturday, 19 July	07:30 – 21:30
Heptathlon	Sunday, 20 July	07:30 – 20:00

Access to the Combined Events Resting Area is limited to the competitors and any other accredited team person per athlete (coach, doctor, etc.) who are in possession of the appropriate Combined Events Resting Area pass. These passes (one per athlete and one per team) can be collected at the TIC, the day before the start of each combined event competition.

As athletes are not required to stay in the Combined Events Resting Area between events, they must report to this room before the start of an event to undergo their final check.

A sufficient number of toilets and showers will also be available.

Combined Events athletes will have to go through the mixed zone at the end of the last discipline of each session.

8.6.4 Race Walking Events

Race Walking events will be at Fana Stadium and conducted under the World Athletics Technical Rule 54.

For disqualification a Penalty Zone is installed with the following arrangements:

- The Penalty Zone will have one entrance and one exit at opposite ends (both of the same size),
- Small barriers and cones will be used to clearly identify the Penalty Zone,
- The athletes are free to stop or continue moving inside the Penalty Zone however there will be no benches and no access to refreshments, drinking, sponging or other kind of assistance but communication with coaches is allowed,
- When an athlete receives 3 Red Cards, he/she must receive a communication from the Chief Judge or his Assistant showing him/her a paddle with the time penalty on both sides and he/she must stop in the Penalty Zone at the first opportunity,
- The applicable period in the Penalty Zone is 1 minute (60 seconds),
- The time penalty starts immediately as the athlete enters the Penalty Zone, and the athlete will be shown an appropriate card notifying him/her when 10 seconds remain on the time penalty,
- After the time penalty and following the instructions of the official in charge of the Penalty Zone, the athlete shall re-enter the event,
- The athlete is not judged in the Penalty Zone.

If the athlete then receives any additional Red Card(s) (from the judges who had not previously sent him/her one) he/she shall be disqualified, and the Chief Judge or his/her assistant must notify the athlete of his/her disqualification as soon as possible.

If an athlete receives 4 or more Red Cards before stopping in the Penalty Zone, the athlete shall be disqualified, and the Chief Judge or his/her assistant must notify the athlete of his/her disqualification as soon as possible.

If an athlete receives the third Red Card at the late stage of the race and it's not possible for the Chief Judge or his/her assistant to notify the athlete that he/she must stop in the Penalty Zone, the athlete shall finish the race, and the penalty time shall be added to his/her official time.

The Chief Judge maintains the power to immediately disqualify the athlete in the last 100m of a race (no time penalty).

A drinking/sponging station will be provided if weather conditions warrant such provision.

8.7 Post Competition Procedures

After the competition, athletes leave immediately through the mixed zone and return the transponders for the track events in the post event area (kit collection) after the mixed zone.

In the mixed zone, all athletes meet the media: first TV, then radio and finally the written press. It is for the athlete to decide whether he/she will give an interview.

The accreditation cards for all athletes (competing in track and field events) and the personal bags and clothing baskets for athletes competing in track events will be brought to the post event area located after the mixed zone.

In the post event area (kit collection) also the (random) shoe check will take place and the confiscated items at the Call Room will be distributed at the TIC.

8.8 Protests and Appeals

Protests and Appeals are permitted and will be processed in accordance with World Athletics TR 8. In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by someone acting on his/her behalf or by an official representative of a team (World Athletics TR 8). Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates.

Where the appropriate Referee is not accessible or available, the protest should be made online through the virtual TIC. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the official TIC posting board). If the final decision of the Referee is not satisfactory an appeal can be submitted to the Jury of Appeal also through the virtual TIC. Any written appeal to the Jury of Appeal must be made in accordance with World Athletics TR 8 and by a responsible official on behalf of the athlete and submitted online within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, the team acknowledges that a fee of 100 EUR will be deducted from European Athletics Subvention to be paid by the end of the year unless the appeal is successful. The Jury's decision will be provided in writing to all teams through virtual TIC.

9. Medical services & Anti-Doping

9.1 Medical Services

The LOC medical service oversees any medical assistance to all accredited guests (Teams, LOC personnel, VIP guests, and media) as well as, during the competition, to the spectators in the stadium.

Please use the following central medical phone number to contact 24/7 for all medical questions and issues: **+47 416 00 023**. In case of emergency, please contact the nearest medical centre or call the 24/7 Medical Emergency number 112.

Medical Services in the Team Hotels

The central medical phone number for all medical issues will be displayed at the Information Desk in each of the Team Hotels. If the patient is not able to visit one of the medical centres, the general practitioner on call will decide on how to proceed. In life-threatening emergency situations always dial directly the 24/7 medical emergency number 112.

Medical Care at the Competition Venue, Warm-up, Training Areas

The main medical centre at the Competition Venue and the Warm-up Areas is located next to the 1500m start (see Appendix 4) and will be open according to the following schedule:

Date	Opening hours
Wednesday, 16 July	11:00 – 13:00
Thursday, 17 July	07:00 – 22:00
Friday, 18 July	07:00 – 22:00
Saturday, 19 July	07:00 – 22:00
Sunday, 20 July	07:00 – 22:00

Further to the main medical centre, there will be a First Aid Point located next to the finish line area (see Appendix 4), which will be the first reference point for the participating teams in case of any medical need. The opening hours of the First Aid Point will be as follows:

Date	Opening hours
Wednesday, 16 July	11:00 – 13:00
Thursday, 17 July	07:00 – 22:00
Friday, 18 July	07:00 – 22:00
Saturday, 19 July	07:00 – 22:00
Sunday, 20 July	07:00 – 22:00

The medical centre at the Training Venue (Leikvang Stadium) is located by the stadium (see Appendix 6). Opening times are as follows:

Date	Opening hours
Monday, 14 July	14:00 – 19:00
Tuesday, 15 July	09:00 – 19:00
Wednesday, 16 July	14:00 – 19:00
Thursday, 17 July	09:00 – 19:00
Friday, 18 July	09:00 – 19:00
Saturday, 19 July	09:00 – 19:00
Sunday, 20 July	09:00 – 16:00

During other hours medical help is available on call and the number will be displayed at the Information Desk in each Team Hotel.

Responsible use and discarding of needles at European Athletics events

Medical therapies and emergency procedures that require the use of needles may occur any time during competitions. European Athletics is committed not to prohibit or restrict the responsible use of needles for Team Medical personnel at European Athletics events - thus will not require a declaration of needle usage - but requests responsible behaviour from the medical personnel and team members.

Responsible needle usage means that athletes and team medical personnel are aware of and committed to respect the WADA rules, and they are also familiar with the TUE procedures and competent in corresponding medical therapies.

As part of the responsible needle usage, the teams shall store and discard biohazard and dangerous waste in appropriate containers. To assist with the handling of the used dangerous waste, sharp disposal bins will be available at the medical centre(s) and team physio area(s) at the Team Hotel.

Any violation of this policy (e.g. leaving sharp material and/or biohazard waste anywhere other than the appropriate containers) would result in an investigation.

9.2 Physiotherapy Services

Physiotherapy Services in Team Hotels

There will be rooms available for physiotherapy in the Team Hotels where the Teams can set-up their own physiotherapy beds for treatments. Ice and extra towels will be available here.

In case of a medical issue, athletes who do not bring their own physiotherapist can make use of the LOC physiotherapy service available at the Warm-up/Competition venue. Please contact the medical centre at the respective venue or contact the LOC medical services via central medical phone number (see section 9.1).

Physiotherapy Services at Warm-up and Training Venues

In the Warm-up area, there is a designated space for physiotherapists to set up their equipment. Ice baths will be also available here.

At the Training Venue, there is a designated space for physiotherapists to set up their equipment. In case of a medical issue, athletes who do not bring their own physiotherapist can use the LOC physiotherapy service available at the Warm-up/Competition venue. Please contact the medical centre or the LOC medical services via central medical phone number (see section 9.1).

9.3 Import of Medication and Medical Equipment

The LOC is not responsible for, and shall have no liability relating to, or arising out of the import of medications to Norway, including storage or monitoring of the supplies and medicines by the team.

9.4 Doping Control

General Information

Doping controls will be conducted in accordance with World Athletics Anti-Doping Rules which are compliant with the WADA code in force since 01 January 2021. The controls will be done under the supervision of the European Athletics Doping Control Delegate. Both urine and blood samples may be collected immediately before, and during, the Championships.

Athletes selected for doping control shall be informed by a trained chaperone. Athletes will be required to sign a doping control notification form and they have the right to be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice.

A selected athlete should report immediately to the DCS 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 DCS. Athletes are reminded

that refusing or failing to comply with the Anti-Doping procedures may constitute an Anti-Doping rule violation and could render them liable to disqualification and may result in 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, where necessary, through World Athletics Therapeutic Use Exemption system prior to attending the Championships.

Selection of Athletes

The selection of Athletes for control will be made on a final position and/or random basis under the supervision of the European Athletics Doping Control Delegate. In addition, the selection of further Athletes may be ordered at the discretion of the European Athletics Doping Control Delegate.

Additional Controls

Athletes requiring doping control (e.g. for a national record or ratification of performance) may request to be tested by completing a "Doping Control Request Form" available in the Virtual TIC. After the submission of the form in the Virtual TIC, the athlete and his/her representative can proceed directly to the Doping Control Station (see appendix 4 – Use the Team Entrance to Gneist Arena and follow directional signs) where the extra test will be conducted.

The cost of this control (sample collection material and analysis costs) will be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the Championships.

10. Ceremonies & Social Functions

10.1 European Athletics & LOC Dinner

The European Athletics & LOC Dinner will be held on Wednesday, 16 July, at 19:30. Two people from each team will be invited. The digital invitation is not transferable and will need to be shown at the entrance.

10.2 Opening Ceremony

The Opening Ceremony is foreseen to take place on Thursday, 17 July at 15:25 at Fana Stadium between the morning and evening session of the first day of the Championships. No Team Members will be involved but are welcome to attend.

10.3 Medal Ceremonies

All Medal Ceremonies will take place at the Medal Ceremony stage, located next to the Finish Area at Fana Stadium (see Appendix 5) in line with the Medal Ceremony timetable.

Medallists will receive their medals either on the day of the competition following the end of the evening session or the next day during the morning/evening session or before the start of the evening session. Please find more details on the Medal Ceremony times in the Medal Ceremony timetable.

Depending on the Medal Ceremony time, athletes attending a Medal Ceremony on the same day as their Final will either be accompanied directly from the Post event area (kit collection) to the Medal ceremony preparation room or will receive a notification card with date, time, and meeting point. For the ceremonies held on the next day, athletes will receive a notification card and will need to come to the TIC as meeting point where they will be accompanied to the Medal ceremony preparation room.

Athletes must wear the official team clothing for the ceremonies and the presentation bibs provided by the LOC. No other items shall be taken to the podium, such as flags, bags, electronic devices, etc.

11. Safeguarding

European Athletics is committed to the principle of safeguarding in our sport and has developed a safeguarding and abuse prevention programme to ensure the protection and safety of everyone involved in athletics from harassment, abuse and exploitation. To this end, European Athletics has taken several measures including the implementation of a [European Athletics Safeguarding Policy](#), the availability of a secured and independent [reporting platform](#) and the appointment of a Safeguarding Officer, whose contacts can be found hereunder:

Name: Philippe Duperrex Mobile: +41 75 425 50 00
Email: safeguarding.officer@european-athletics.org

To enhance this commitment and to reiterate the importance of safeguarding, the following initiatives are part of the European Athletics Safeguarding Programme at the European Athletics U23 Championships 2025:

- Safeguarding matters will be dealt in accordance with European Athletics Safeguarding Policy, the national laws and the advice of the EA Safeguarding Officer.
- The EA Safeguarding Officer will be present for the whole duration of the event. Contact details will be also made available at the Warm-up/Teams Area, Technical Information Centre, and Team Hotels.
- The EA Safeguarding Officer will conduct an online safeguarding briefing ahead of the event on 3rd July (11:00 – 11:45 CET) addressed to the Team Safeguarding Officers/Point of Contact for this event and the link will be sent to the Member Federations separately.
- A short introduction will be also held on Safeguarding during the Teams Leaders' Technical Update with the Technical Delegates on 16th July (12:00-12:20).
- Teams may contact the EA Safeguarding Officer to schedule dedicated briefs with the Team Leaders at the respective national teams' meetings.
- Under the campaign "Race for Respect" European Athletics aims to engage with the team members on Safeguarding awareness and prevention at the European Athletics U23 Championships 2025.

If you have any question or concern about your safety or somebody else's safety during this event, please contact the EA Safeguarding Officer and/or the LOC Safeguarding Officer at the event (Mobile: +4793073450). If the concern relates to an imminent risk of someone's physical integrity or to an emergency for medical assistance, please contact immediately the LOC and/or the relevant local authorities, to the contact provided in this Team Manual.

12. Sustainability & Legacy

European Athletics and the Local Organizing Committee are committed to delivering a sustainable and forward-thinking event that aims to make a lasting, positive impact on the environment, local community, and the future of athletics.

We strive to:

- Minimize the environmental impact of the European Athletics U23 Championships 2025, in Bergen, Norway.
- Promote health, well-being, and inclusion through dedicated community programs for both children and seniors.
- Foster local engagement and legacy by empowering volunteers and emphasizing the value of an active and socially connected society.
- Align our efforts with the Climate Goals of Bergen, the three pillars of sustainability (ESG), and The Norwegian Olympic and Paralympic Committee and Confederation of Sports' knowledge base on sports and sustainability.

Through our initiatives such as the community programs for children and seniors, we aim to build excitement around our championships, and spark joy, community spirit and long-term engagement for an active life.

All athletes, team members, staff, volunteers, and spectators are invited to be part of our sustainability journey. Together, we will reduce our footprint and increase our positive contribution to the world of tomorrow. We are all the *Heroes of Tomorrow*.

Our Sustainability and Legacy Plan will focus on the following priorities:

- Public Health Engagement
- Inclusion and Community Activation
- Volunteering and Local Empowerment
- Circular Waste and Recycling Management
- Support for Local Businesses
- Environmental Awareness
- Athletics for All

Further information about our sustainability initiatives will be available on the European Athletics and the Bergen 2025 official website and shared ahead of the event through the official communication channels.

Let's make an impact – Let's be the Heroes of Tomorrow

13. Appendices

- Appendix 1 – Official Implements List
- Appendix 2 – Timetable (Competition timetable and Medal Ceremony timetable)
- Appendix 3 – Bergen Airport welcome desk
- Appendix 4 – Competition Venue Fana Stadium
- Appendix 5 – Set-up Competition area per session
- Appendix 6 – Training Venue Leikvang Stadium
- Appendix 7 – European Athletics Quota
- Appendix 8 – Ratio of Athletes and Officials

Appendix 1 – Official Implements List (as of 07 February 2025)



EUROPEAN ATHLETICS U23 CHAMPIONSHIPS Official Throwing Implements List 17-20 JULY 2025 Bergen/NOR

MEN

SHOT 7,26KG

Certification no - Company - Description - Colour

I-08-0399 - Anand Track & Field Equipment - ATE Competition iron turned, Cast iron 125mm - Black

I-99-0093 - Nelco - turned iron 128mm - Yellow

I-99-0083 - NISHI Athletic Goods - Steel 129mm - Silver

I-99-0087 - NISHI Athletic Goods - Steel 125.5mm - Silver

I-17-0845 - Polanik - Old School by Thomas Majewski - Steel 130 mm - Various

DISCUS 2,00KG

Certification no - Company - Description - Colour

I-99-0098 - Denfi Sport - Jürgen Schult Ultimate Spin, Chrome Rim, Carbon grey - White/yellow centre

I-00-0270 - Denfi Sport - Skymaster - Red/White centre

I-01-0245 - Nelco - Super Spin Olympia, Steel Rim, plastic sides, rimglide 67m - Silver/black - Yellow/blue

I-20-1007 - Polanik - Competition, Carbon in steel, turned galvanised steel rim, Carbon fibre sides - Black

I-99-0122 - UCS - Orange Flyer Medium Moment, Steel rim, fibreglass - Orange

HAMMER 7,26KG

Certification no - Company - Description - Colour

I-19-0943* - NISHI Athletic Goods - Steel and Tungsten, dia: 110mm - Orange

I-99-0008 - Nordic Sport AB - Brass, 110mm - Gold

I-99-0032 - Nordic Sport AB - Stainless steel, dia: 110mm - Silver

I-10-0469 - Polanik - Ziolkowski Hammer Black, steel, dia: 110mm – Black

* Model change - Updated model from the manufacturer.

Old model: I-99-0079 - NISHI Athletic Goods - Steel and Tungsten, dia: 110mm - Orange

New model: I-19-0943 - NISHI Athletic Goods - Steel and Tungsten, dia: 110mm - Orange

JAVELIN 800G

Certification no - Company - Description - Colour

I-99-0111 - Nemeth Javel-Inn - Standard 60m, aluminium - Violet cord, violet

I-13-0635 - Nemeth Javel-Inn - Classic 90m, medium composite - Yellow cord, blue/yellow/green

I-18-0916 - Nordic Sport - Valhalla 800g Medium NXS, hybrid carbon - Yellow/lilac spiral, black cord

I-18-0915 - Nordic Sport - Valhalla 800g Medium NXB, hybrid carbon - Yellow/lilac spiral, grey cord

I-11-0505 - Polanik - Competition Space Master, duraluminium - Electric lime transparent, black cord

as of 7 February 2025



EUROPEAN ATHLETICS U23 CHAMPIONSHIPS

Official Throwing Implements List

17-20 JULY 2025 Bergen/NOR

WOMEN

SHOT 4KG

Certification no - Company - Description - Colour

I-99-0094 - Nelco - Turned Iron 108mm - Red/yellow

I-99-0089 - NISHI Athletic Goods - Steel 103 mm - Silver

I-99-0084 - NISHI Athletic Goods - Steel 109mm - Silver

I-12-0588 - Polanik - Turned steel, competition 95mm - Various

DISCUS 1KG

Certification no - Company - Description - Colour

I-99-0099 - Denfi Sport - Jürgen Schult ultimate spin, chrome rim, carbon grey - White/yellow centre

I-01-0244 - Nelco - Odyssey, steel alloy rim, plastic sides - Silver/black - white

I-02-0256 - NISHI Athletic Goods - Super HM, steel rim, GFRP sides - Purple/black/white

I-99-0031 - Nordic Sport - Valkyrie, brass rim, ABS sides - Turquoise/gold

I-20-1001 - Polanik - Competition, carbon in steel, turned galvanised steel rim, carbon fibre sides - Black

HAMMER 4KG

Certification no - Company - Description - Colour

I-99-0147 - Nelco - Olympic, brass 95mm - Gold

I-19-0942 - Nishi Athletic Goods - Steel and tungsten 4kg 95mm - Orange

I-10-0466 - Polanik - Premium Line Black, steel 95mm - Black

I-00-0201 - Polanik - Competition, Stainless steel 95mm - Silver

JAVELIN 600G

Certification no - Company - Description - Colour

I-99-0107 - Nemeth Javel-Inn - Standard 70m aluminium - Lilac, violet cord

I-99-0108 - Nemeth Javel-Inn - Standard 60m, aluminium - Violet, violet cord

I-18-0911 - Nordic Sport - Valhalla Medium NXS hybrid carbon - Yellow/lilac spiral, black cord

I-18-0910 - Nordic Sport - Valhalla Medium NXB hybrid carbon - Yellow/lilac spiral, grey cord

I-13-0654 - Polanik - Competition Space Master 600, cigar head, aluminium - Electric lime transparent

- **Additional Implements** may be added to the list, if requested by Member Federations directly or by manufacturers with the endorsement of a Member Federation, by 01 May 2025, and if supplied to the LOC free of charge. All such implements must have World Athletics certification and must be approved by the European Athletics Technical Delegates. Four items of each implement model must be supplied by the Member Federation or manufacturer concerned and must be sent to the LOC by 01 July 2025 at the latest.

- **Personal Implements** will also be allowed, providing that:

- They are readily identifiable and are World Athletics certified.
- They have been checked for compliance with World Athletics Rules.
- They are made available to all the other athletes until the end of the Final of the event.

In order to speed up the checking in of eligible personal implements, please come prepared and consult the approved list on the website (<https://www.worldathletics.org/about-iaaf/documents/technical-information>) in advance to identify the implement noting its certification number.

If you do not find your implement in the list but you believe that it is/was certified, please contact the World Athletics office at technicalofficer@worldathletics.org so that its status can be checked and confirmed to you and the LOC in due time.

Personal implements that are not identifiable or cannot be found on the certified list will not be accepted!

as of 7 February 2025

Appendix 2 – Timetable (Competition timetable and Medal Ceremony timetable)



EUROPEAN ATHLETICS U23 CHAMPIONSHIPS

TIMETABLE

17-20 JULY 2025 FANA STADIUM

DAY 1 • Thursday, 17 July

MORNING SESSION			
09:55	Discus Throw	M	Q A
10:00	100m Dec	M	
10:30	Shot Put	W	Q A+B
10:35	400m H	W	R1
11:00	Long Jump Dec	M	A+B
11:10	Discus Throw	M	Q B
11:15	400m H	M	R1
11:55	100m	W	R1
12:15	Pole Vault	M	Q A+B
12:30	100m	M	R1
12:45	Hammer Throw	W	Q A
13:15	400m	M	R1
13:25	Shot Put Dec	M	A+B
13:55	400m	W	R1
14:05	Hammer Throw	W	Q B

EVENING SESSION			
16:05	Triple Jump	W	Q A+B
16:15	Javelin Throw	W	Q A
16:30	High Jump Dec	M	A+B
16:40	100m H	W	R1
17:20	110m H	M	R1
17:30	Javelin Throw	W	Q B
17:50	Long Jump	M	Q A+B
18:00	800m	W	R1
18:35	1500m	M	R1
18:55	Javelin Throw	M	Q A
19:00	10,000m	M	Final
19:15	High Jump	W	Q A+B
19:20	Shot Put	W	Final
19:55	400m Dec	M	
20:15	Javelin Throw	M	Q B
20:30	100m	W	SF
20:50	100m	M	SF

DAY 2 • Friday, 18 July

MORNING SESSION			
09:30	110m H Dec	M	
09:35	Pole Vault	W	Q A+B
10:20	Discus Throw Dec	M	A
10:50	200m	M	R1
11:20	Discus Throw Dec	M	B
11:30	200m	W	R1
12:10	3000m SC	W	R1
12:15	Pole Vault Dec	M	A
12:35	Pole Vault Dec	M	B
13:00	1500m	W	R1
13:30	800m	M	R1

EVENING SESSION			
15:30	Javelin Throw Dec	M	A
15:55	Triple Jump	W	Final
16:00	100m H	W	SF
16:25	110m H	M	SF
16:35	Javelin Throw Dec	M	B
17:00	400m H	W	SF
17:25	400m H	M	SF
17:30	High Jump	M	Q A+B
17:50	Hammer Throw	W	Final
17:53	400m	M	SF
18:15	400m	W	SF
18:35	100m	W	Final
18:50	100m	M	Final
19:05	1500m Dec	M	Final
19:25	Long Jump	M	Final
19:45	100m H	W	Final
19:50	Discus Throw	M	Final
20:00	110m H	M	Final
20:20	10,000m	W	Final

DAY 3 • Saturday, 19 July

MORNING SESSION			
09:00	Hammer Throw	M	Q A
09:50	Shot Put	M	Q A+B
10:05	100m H Hep	W	
10:23	Hammer Throw	M	Q B
10:40	200m	M	SF
11:00	200m	W	SF
11:20	High Jump Hep	W	A+B
11:30	Long Jump	W	Q A+B
11:35	10000m Race Walk	W	Final
12:10	Discus Throw	W	Q A
12:50	3000m SC	M	R1
13:05	Triple Jump	M	Q A+B
13:20	Discus Throw	W	Q B

EVENING SESSION			
17:05	Javelin Throw	M	Final
17:10	High Jump	W	Final
17:15	400m H	M	Final
17:25	Shot Put Hep	W	A+B
17:30	400m H	W	Final
17:45	1500m	M	Final
18:00	400m	W	Final
18:10	Pole Vault	M	Final
18:15	400m	M	Final
18:30	5000m	M	Final
18:55	Javelin Throw	W	Final
19:20	3000m SC	W	Final
19:40	800m	W	Final
19:50	Shot Put	M	Final
19:55	200m Hep	W	
20:40	200m	M	Final
21:00	200m	W	Final

DAY 4 • Sunday, 20 July

MORNING SESSION			
10:00	Long Jump Hep	W	A+B
10:05	4 x 400m Relay	W	R1
10:30	4 x 400m Relay	M	R1
10:40	Pole Vault	W	Final
11:10	10000m Race Walk	M	Final
11:20	Javelin Throw Hep	W	A
11:30	Triple Jump	M	Final
12:20	4 x 100m Relay	W	R1
12:35	Javelin Throw Hep	W	B
12:40	4 x 100m Relay	M	R1
13:05	3000m SC	M	Final

EVENING SESSION			
15:35	Hammer Throw	M	Final
16:15	1500m	W	Final
16:25	High Jump	M	Final
16:35	5000m	W	Final
17:00	800m	M	Final
17:15	Long Jump	W	Final
17:25	4 x 100m Relay	W	Final
17:50	4 x 100m Relay	M	Final
18:20	Discus Throw	W	Final
18:25	800m Hep	W	Final
19:15	4 x 400m Relay	W	Final
19:40	4 x 400m Relay	M	Final

as of 14 May 2025



EUROPEAN ATHLETICS U23 CHAMPIONSHIPS TIMETABLE MEDAL CEREMONIES 17-20 JULY 2025 FANA STADIUM

DAY 1 • Thursday, 17 July

EVENING SESSION			
15:25	Opening Ceremony		
21:00	10,000m	M	MC
21:05	Shot Put	W	MC

DAY 2 • Friday, 18 July

EVENING SESSION			
19:30	Triple Jump	W	MC
19:35	100m	W	MC
20:05	100m	M	MC
20:10	Hammer Throw	W	MC
21:00	Decathlon	M	MC
21:05	100m H	W	MC
21:10	100m H	M	MC

DAY 3 • Saturday, 19 July

EVENING SESSION			
16:40	10000m RW	W	MC
16:45	Long Jump	M	MC
16:50	10,000m	W	MC
16:55	Discus Throw	M	MC
19:00	400m H	M	MC
19:05	400m H	W	MC
19:10	1500m	M	MC
20:15	Javelin Throw	M	MC
20:20	400m	W	MC
20:25	400m	M	MC
20:30	5000m	M	MC
21:05	High Jump	W	MC
21:10	3000m SC	W	MC
21:15	800m	W	MC

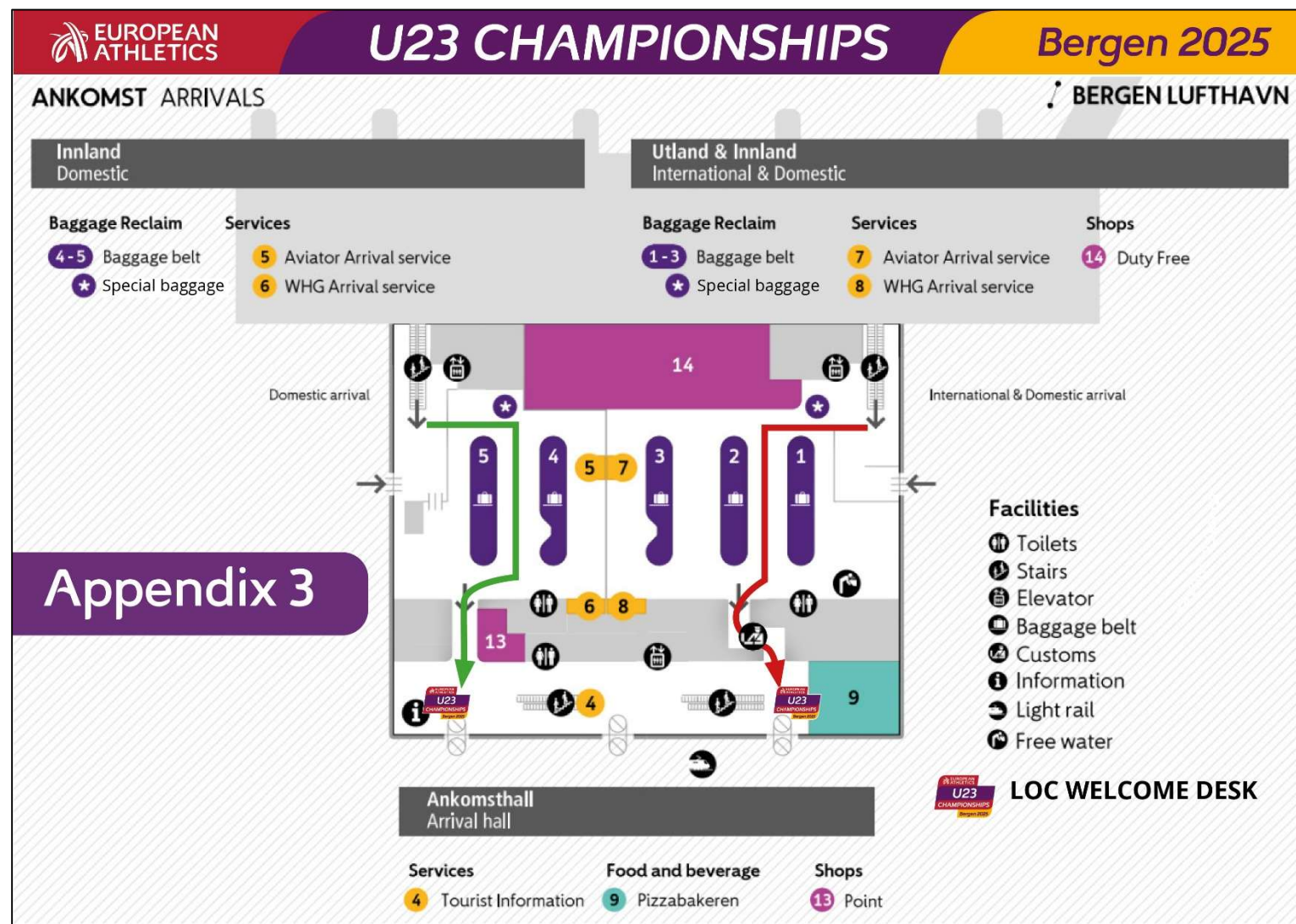
DAY 4 • Sunday, 20 July

MORNING SESSION			
10:50	Javelin Throw	W	MC
10:55	Pole Vault	M	MC
11:00	Shot Put	M	MC

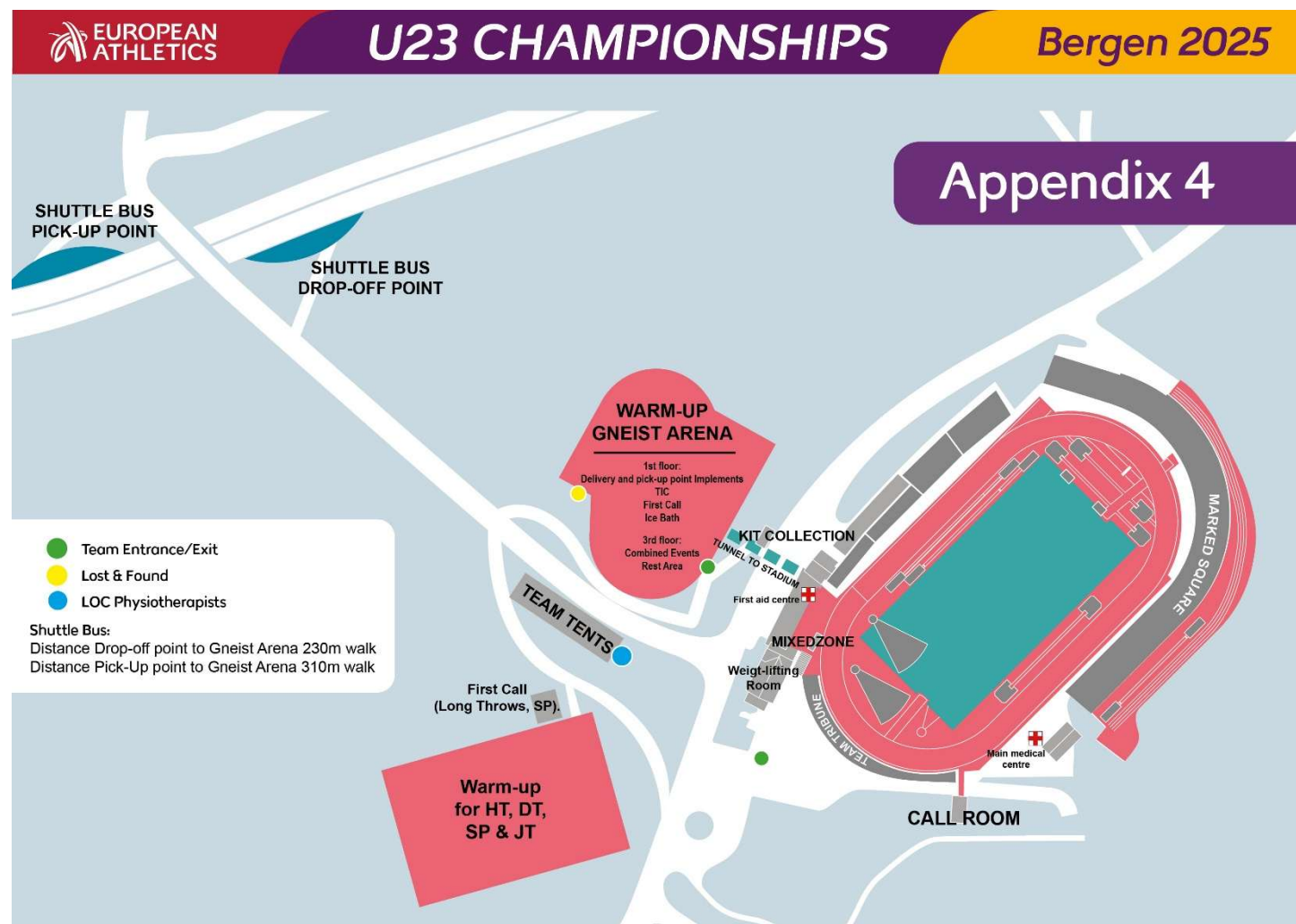
EVENING SESSION			
15:05	200m	M	MC
15:10	200m	W	MC
15:15	10000m RW	M	MC
15:20	Pole Vault	W	MC
15:25	Triple Jump	M	MC
15:30	3000m SC	M	MC
17:30	1500m	W	MC
17:35	Hammer Throw	M	MC
17:55	5000m	W	MC
18:00	800m	M	MC
18:50	4 x 100m Relay	W	MC
18:56	4 x 100m Relay	M	MC
19:02	High Jump	M	MC
19:45	Long Jump	W	MC
19:50	Heptathlon	W	MC
19:55	4 x 400m Relay	W	MC
20:01	Discus Throw	W	MC
20:15	4 x 400m Relay	M	MC

as of 14 May 2025

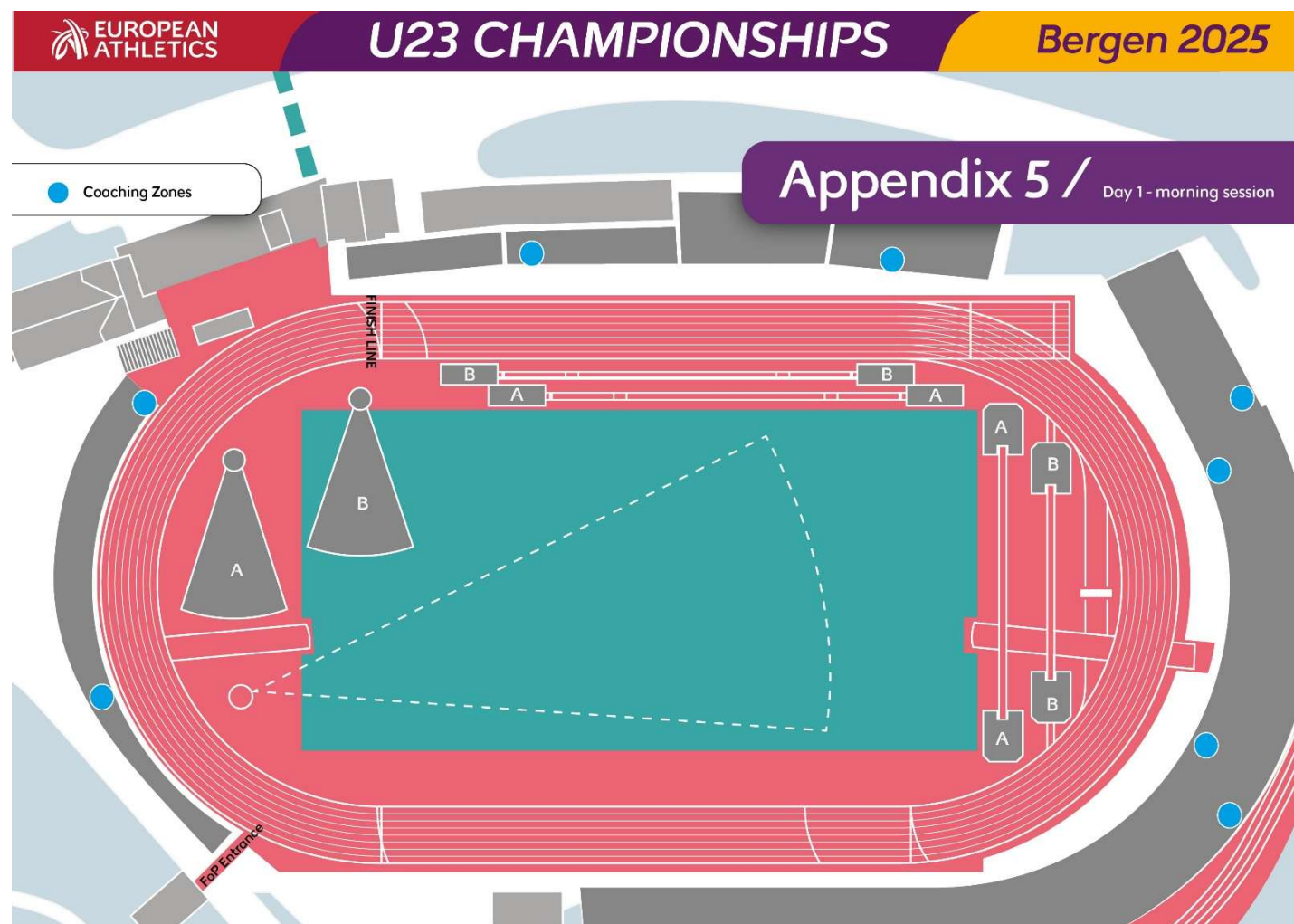
Appendix 3 – Bergen Airport welcome desk

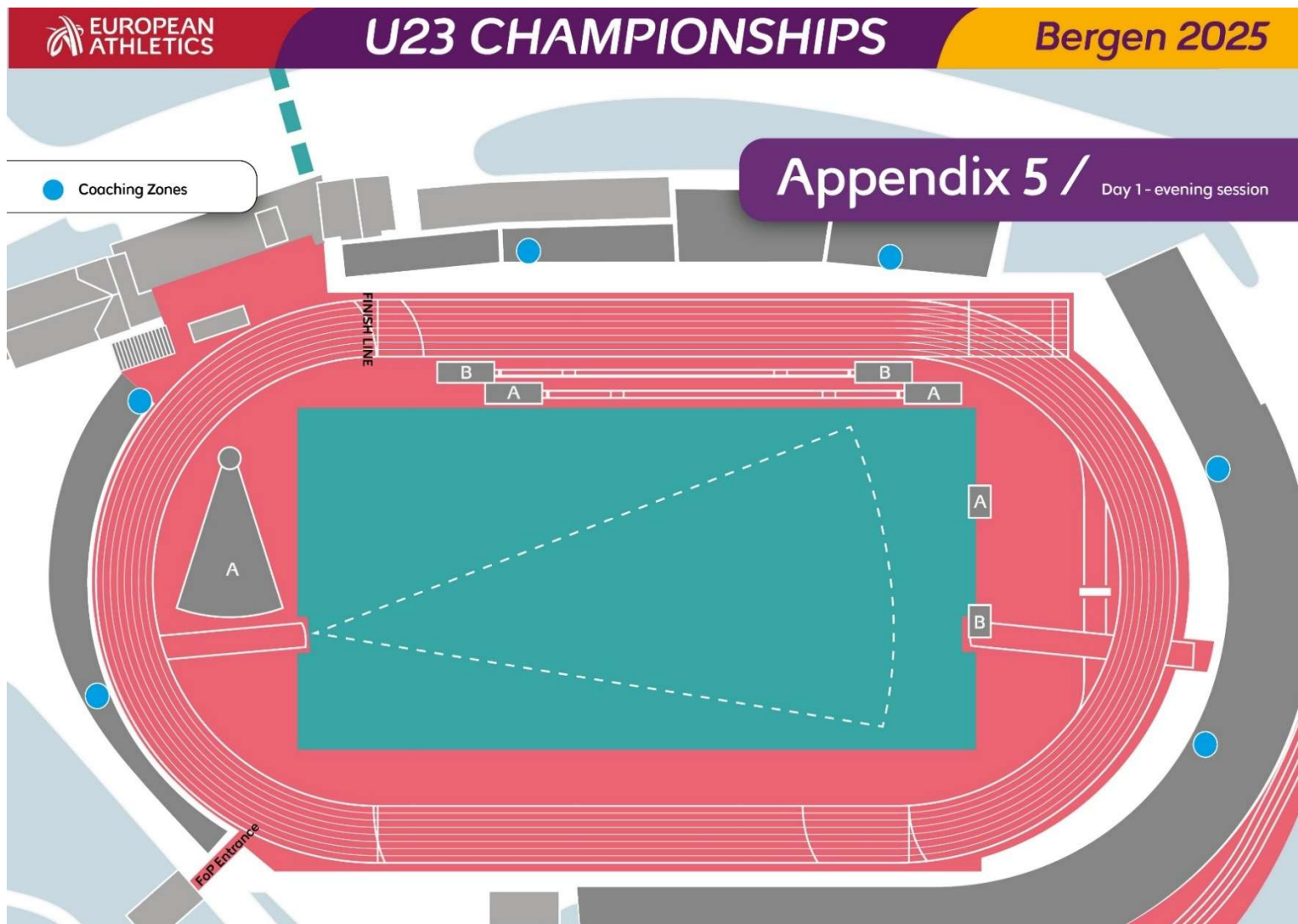


Appendix 4 – Competition Venue Fana Stadium



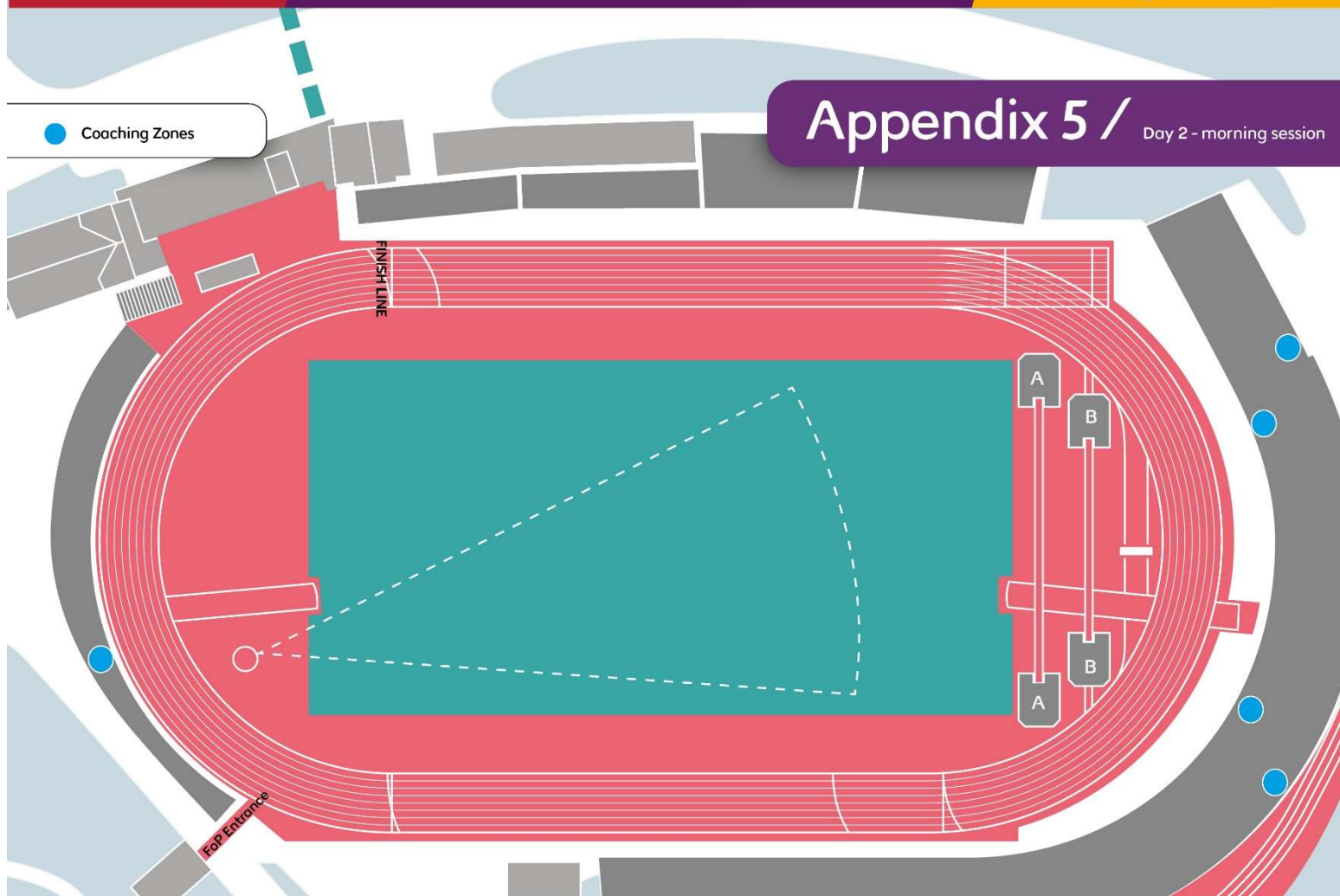
Appendix 5 – Set-up Competition area per session





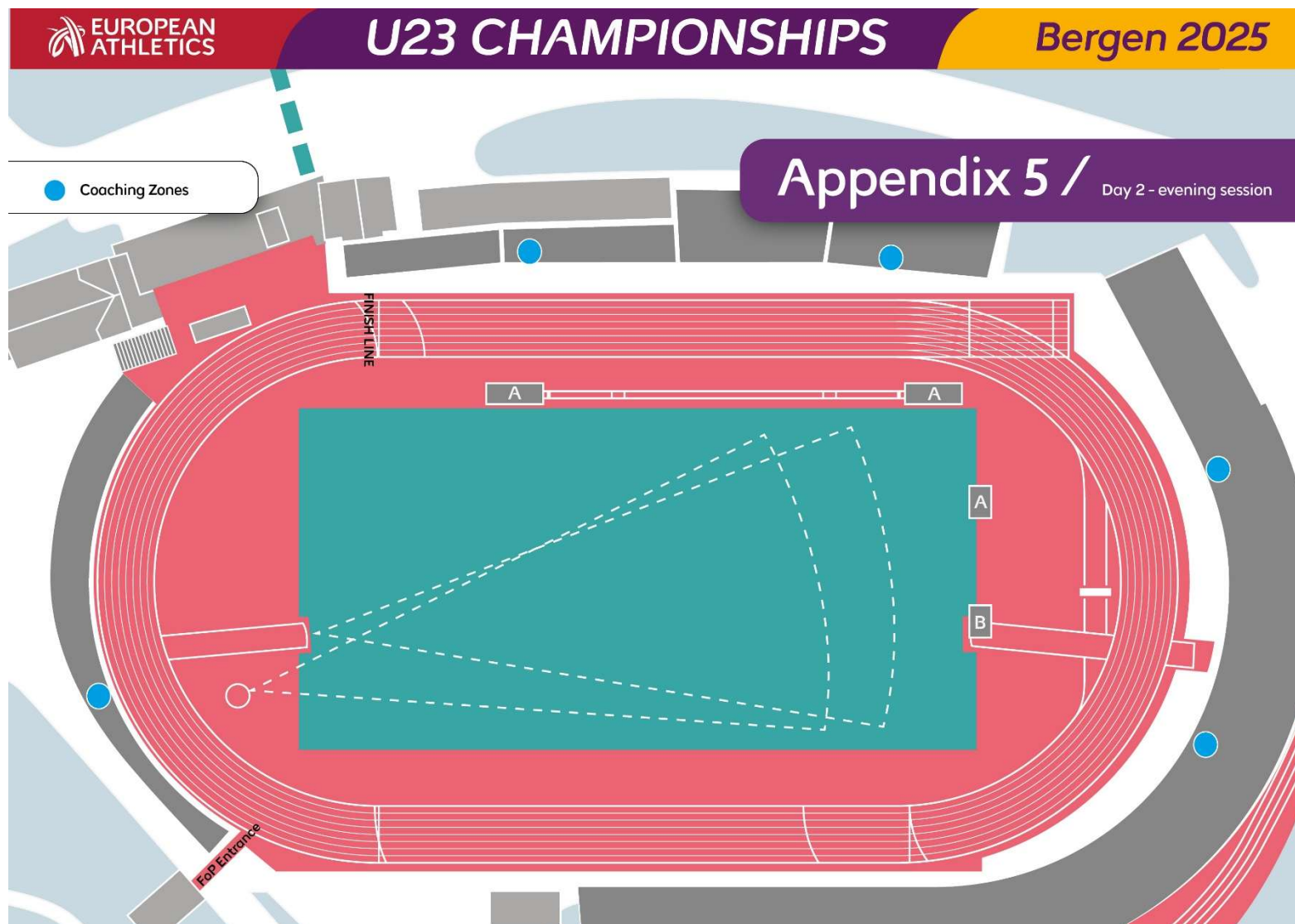
Appendix 5 / Day 2 - morning session

Coaching Zones



Appendix 5 / Day 2 - evening session

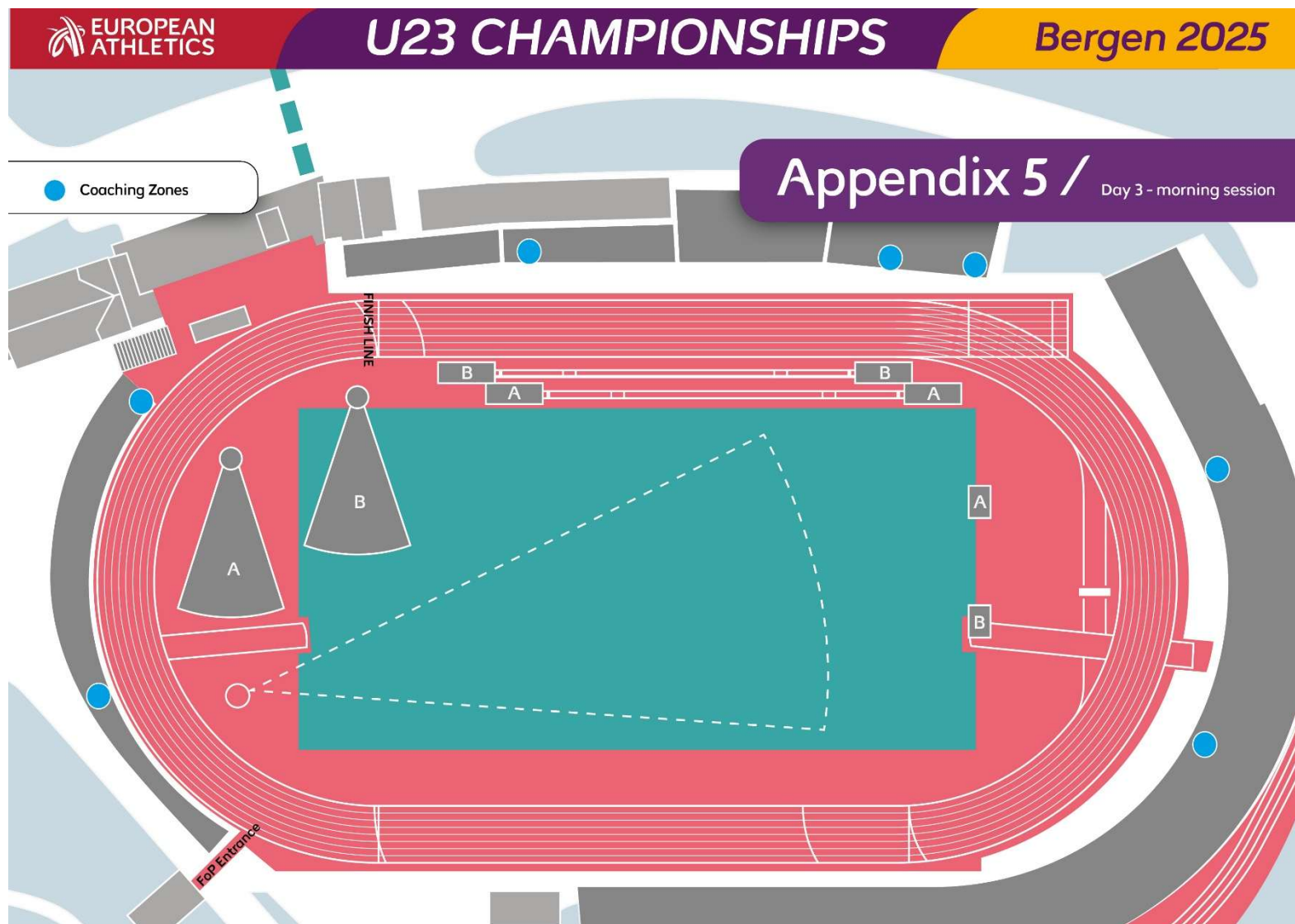
Coaching Zones



Appendix 5 /

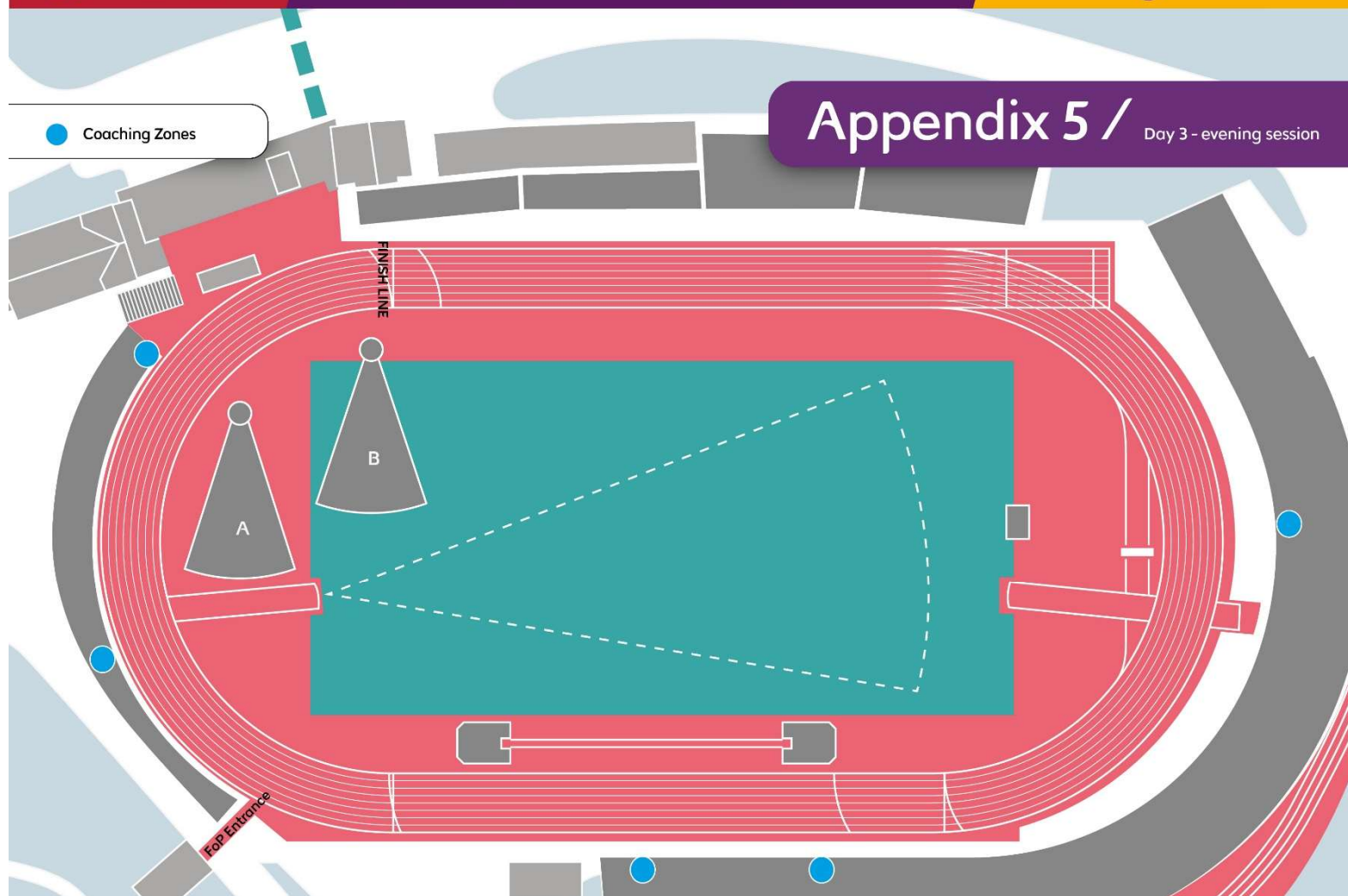
Day 3 - morning session

Coaching Zones



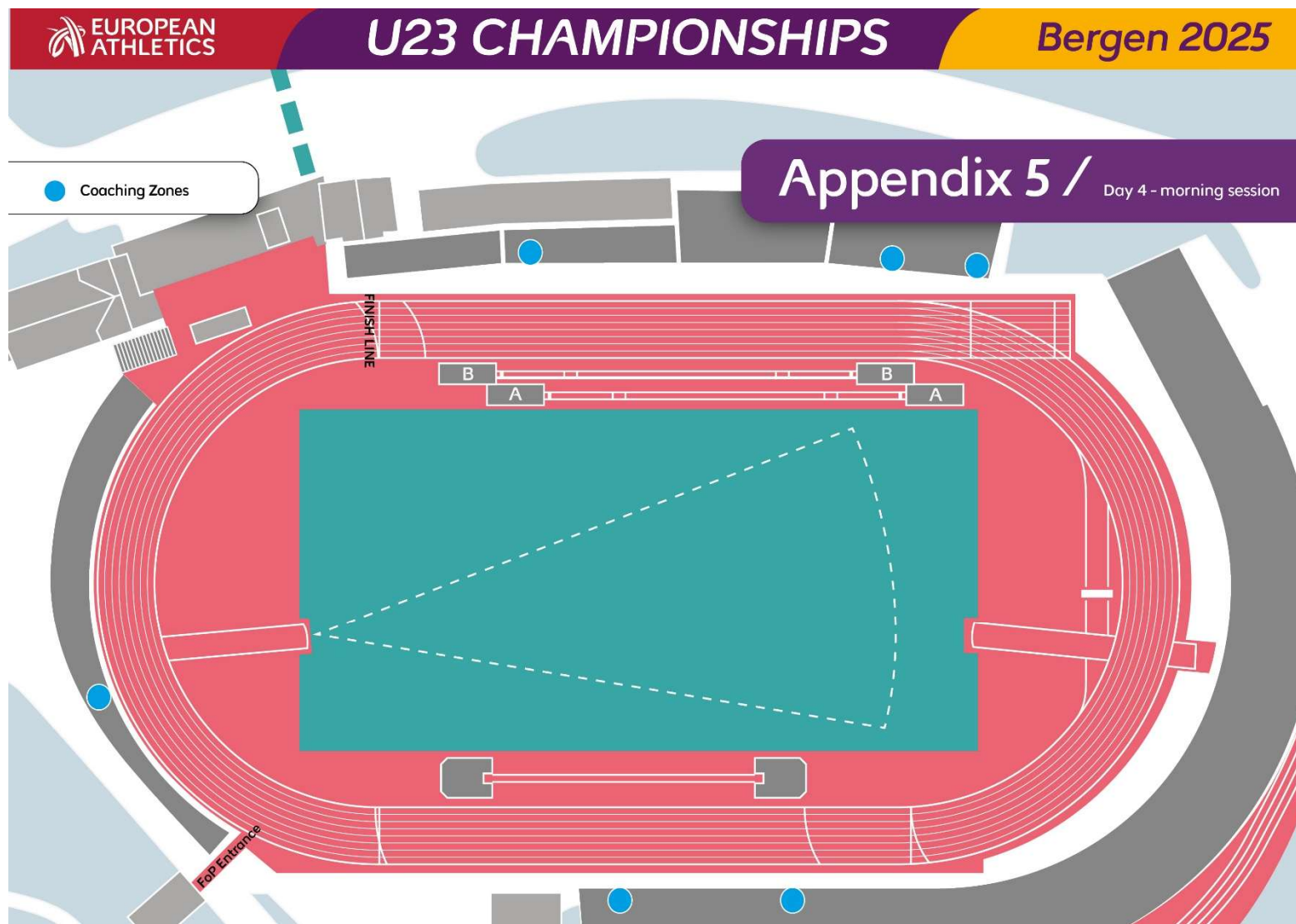
Appendix 5 / Day 3 – evening session

Coaching Zones



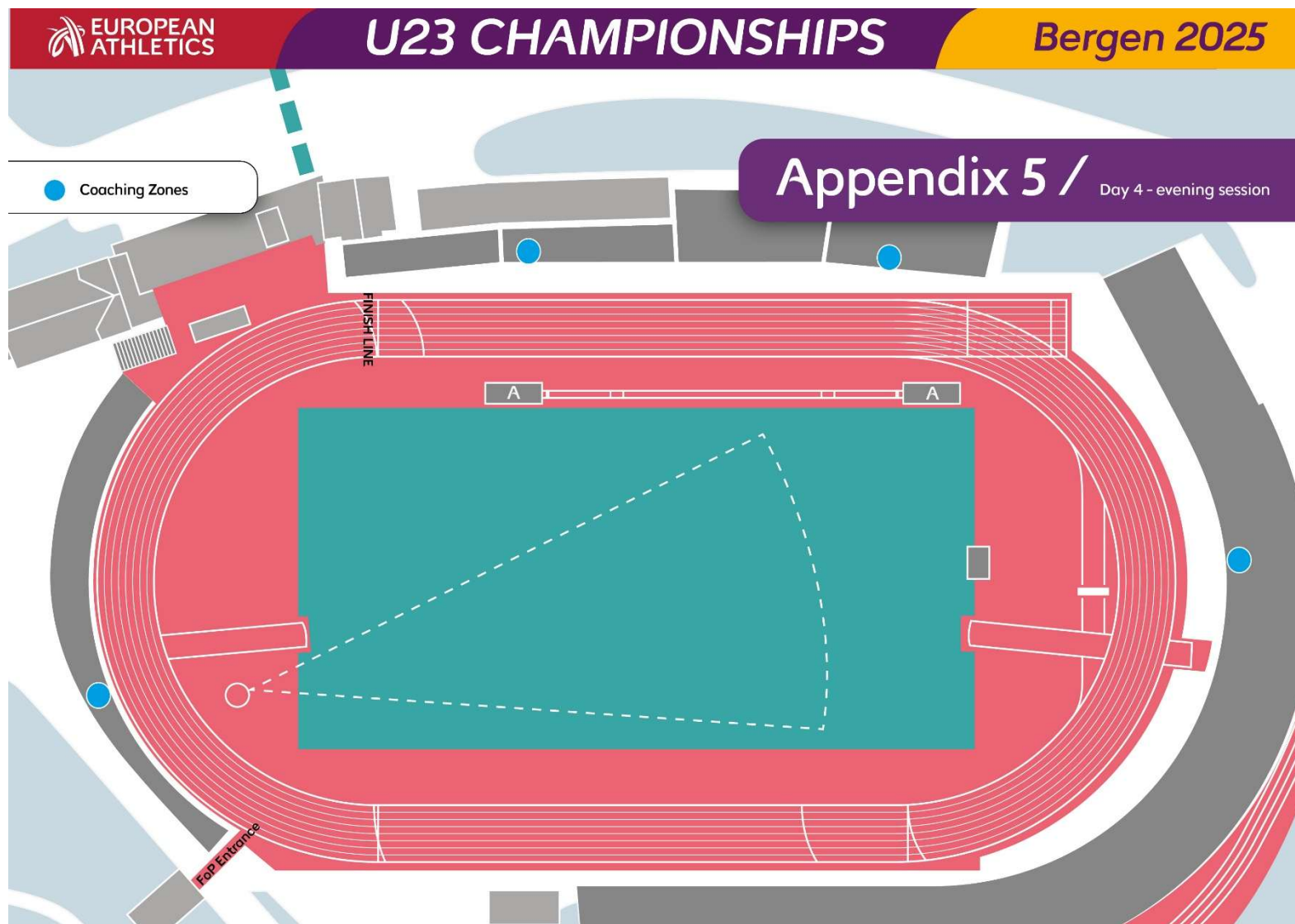
Appendix 5 / Day 4 - morning session

Coaching Zones



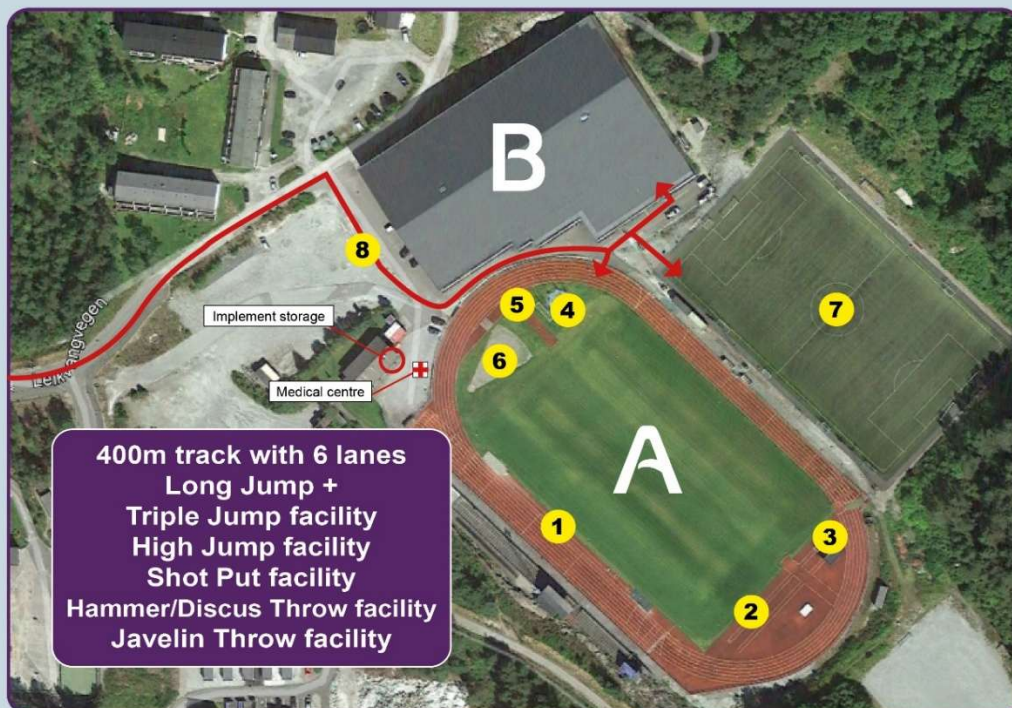
Appendix 5 /
Day 4 - evening session

● Coaching Zones



LEIKVANG STADIUM

Appendix 6



A Stadium

1. LJ & TJ
TJ take-off boards 11m/13m
2. HJ
3. PV
4. HT & DT
5. JT
6. SP
7. Artificial grass
8. Drop-off/Pick-up point

Main training area for all events will be at the Stadium.

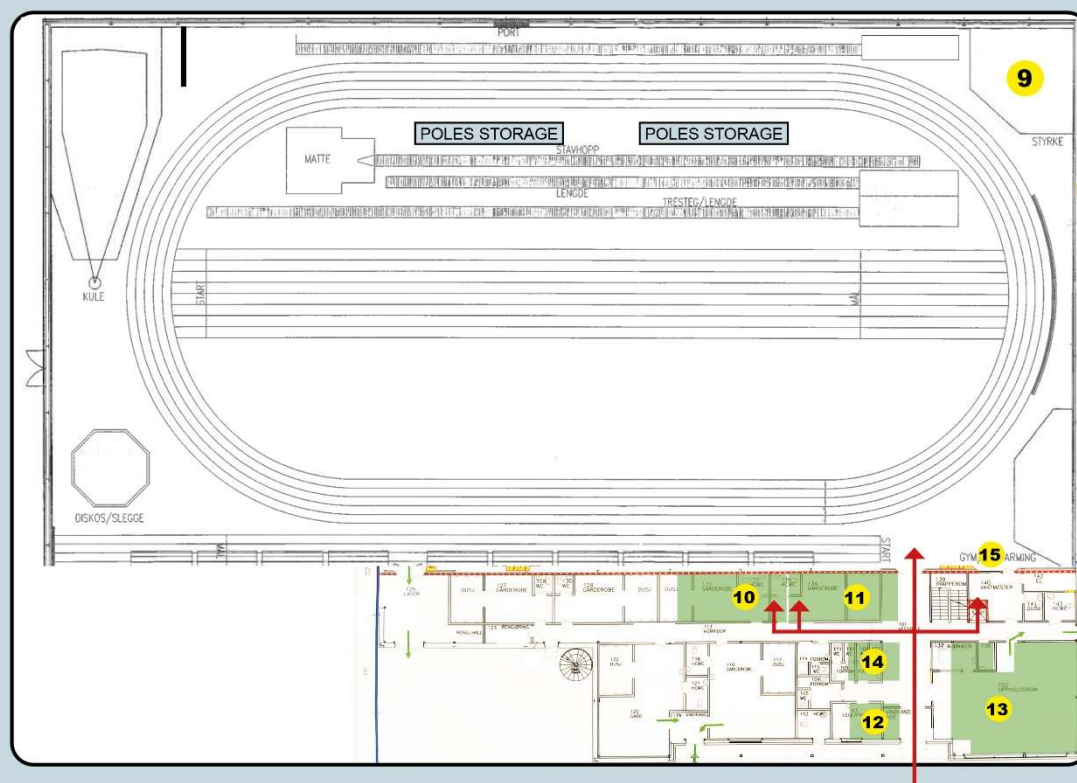
The indoor arena will be used only in case of bad weather conditions. In that case athletes can use the indoor facilities for PV and LJ, TJ and track events. In case of bad weather, SP ring and HT/DT ring in the indoor arena can be used for training but no implements will be provided or allowed.

A dedicated training schedule for long throwing events and SP at the Stadium will be communicated on a later stage.

B Indoor Arena

LEIKVANG INDOOR ARENA

Appendix 6



B Indoor Arena (1st floor)

- 9 Weight-lifting area
- 10 Toilets - Showers - Ice bath
- 11 Toilets - Showers - Ice bath
- 12 Medical office
- 13 Volunteer Resting room
- 14 WC
- 15 Freezer with ice

LEIKVANG INDOOR ARENA

Appendix 6



B Indoor Arena (2nd floor)

- 16 Resting room /
Teams officials
- 17 Available room for
Teams Physio



Appendix 7 – European Athletics Quota

The allocation of the free places is based on the achieved results (places 1-8) and the number of participants per country at the European Athletics U23 Championships 2023 in Espoo (FIN), and the European U23 Season Best-List 2024.

ALB	2	ISR	3
AND	2	ITA	20
ARM	2	KOS	2
AUT	5	LAT	4
AZE	2	LIE	2
BEL	5	LTU	4
BIH	2	LUX	2
BUL	3	MDA	2
CRO	3	MKD	2
CYP	2	MLT	2
CZE	8	MNE	2
DEN	3	MON	2
ESP	19	NED	13
EST	4	NOR	HOST
FIN	14	POL	15
FRA	21	POR	5
GBR	20	ROU	3
GEO	2	SLO	4
GER	21	SMR	2
GIB	2	SRB	3
GRE	9	SUI	11
HUN	8	SVK	3
IRL	8	SWE	10
ISL	2	TUR	9
		UKR	7

Remark

Those Member Federations having been awarded a minimum of 2 (two) free places shall have at least one male and one female athlete competing. NOR as host of the Championships has not been allotted any free place.

Appendix 8 – Ratio of Athletes and Officials

Number of Athletes from - to	Number of Team Officials up to:
1 - 3	3
4 - 6	4
7 - 10	7
11 - 15	11
16 - 20	13
21 - 25	17
26 - 30	19
31 - 35	23
36 - 40	25
41 - 45	29
46 - 50	32
51 - 55	37
56 - 60	40
61 - 70	49
Plus 10	+ 9

Team Officials include: Head of Delegation, Team Leader(s), Coaches¹, Medical Staff (medical doctors and physiotherapists), Team Press Liaison and others. To be eligible to be considered for the above quota, registered Team Officials must be at least 18 years old at the date of the final entries of the respective event. The number of above-mentioned Team Officials is eligible for fixed price full board accommodation in one of the official Team Hotels and other benefits. European Athletics will not cover these officials' accommodation costs.

Further to the above ratio of Team Officials, teams may also purchase additional Team Official accreditation (without accommodation and transportation but with access to the warm-up, training facilities and team areas). This accreditation will be charged at the rate of EUR 150 for the duration of the Championships and directly incorporated to the invoice of the respective Member Federations.

¹: Coaches also include Personal Coaches

OFFICIAL PARTNERS



BROADCAST PARTNER



SPORTS APPAREL PARTNER



PREFERRED SUPPLIERS



OFFICIAL SUPPLIERS



SOCIAL PARTNER



MEDIA PARTNERS



HOST INSTITUTIONS

