

TEAM MANUAL

7-10 August 2025

TAMPERE STADIUM



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1. GENERAL INFORMATION

1.1 Host Country – Finland

Finland is a captivating country in Northern Europe, known for its pristine nature, innovative spirit, and deep cultural roots. It shares borders with Sweden, Norway, and Russia, and has a long coastline along the Baltic Sea. Finland's history includes centuries of Swedish and Russian rule before gaining independence in 1917, shaping a unique national identity.

The country is celebrated for its bilingual culture, with Finnish and Swedish as official languages, and a strong emphasis on education, equality, and sustainability. Finnish cuisine reflects its natural surroundings, featuring ingredients like fish, berries, mushrooms, and rye. Dishes such as karjalanpiirakka (Karelian pasty), salmon soup, and cinnamon buns are local favourites.

Finland is also known for its design and architecture, from the works of Alvar Aalto to contemporary eco-friendly buildings. Cultural highlights include the vibrant music scene, sauna traditions, and festivals like Vappu (May Day) and the Midnight Sun Film Festival.

With thousands of lakes, vast forests, and the magical Northern Lights, Finland offers a serene and inspiring environment. Its blend of modern innovation and deep connection to nature makes it a truly special destination.

Form of Government	Parliamentary Republic
Location	Northern Europe
Area	338,455 km ²
Population	5,577,000 (1 January 2025)
Coastline	Baltic Sea
Climate	Temperate Subarctic
Language	Finnish, Swedish
Religion	Protestant
Capital	Helsinki
Local time	GMT +2
Electricity	230V (plugs type F)
Telephone country code	+358
Mobile phone networks	Elisa, DNA, Telia
Currency	Euro (€)

1.2 Host city Tampere

- Founded on 1779 by King Gustav III of Sweden.
- 2nd largest city region in Finland, 6th largest in the Nordics
- 540,000 residents in the city region
- The fastest growing region in Finland
- Experience economy and events are one of the main industries of the region
- 4,8 million event visitors in 2023

Compact city centre with nature in every corner, everything is easy to reach by walk, bus & tram.

Tampere, located in southern Finland between two large lakes—Näsijärvi and Pyhäjärvi—is a vibrant city known for its unique blend of industrial heritage, natural beauty, and modern innovation. As Finland's third-largest city, Tampere is a cultural and economic hub that offers a rich experience for both residents and visitors.

Often referred to as the “Manchester of Finland” due to its industrial past, Tampere has transformed into a dynamic city that celebrates both its history and its forward-looking spirit. The red-brick buildings of the old Finlayson and Tampella factories now house museums, restaurants, and creative spaces, giving the city a distinctive character. One of Tampere's most iconic landmarks is the **Tampere Cathedral**, known for its striking frescoes and national romantic architecture. Nearby, the **Vapriikki Museum Centre** offers a diverse range of exhibitions, from natural history to technology and local culture. Art lovers can also explore the **Tampere Art Museum** and the **Sara Hildén Art Museum**, which features contemporary works in a scenic lakeside setting.

The city's compact center is filled with cozy cafés, boutiques, and vibrant markets. Hämeenkatu, the main street, is a lively thoroughfare that connects the city's key attractions. Tammelantori, a beloved local market square, is a great place to sample Finnish delicacies like mustamakkara (black sausage) with lingonberry jam.

Tampere is also a city of nature. With its many parks, forests, and lakes, outdoor activities are never far away. Pynnikki Ridge and Observation Tower offers panoramic views and famous doughnuts, while Särkänniemi Amusement Park provides fun for families with rides, an aquarium, and a planetarium.

Known for its relaxed atmosphere and strong sense of community, Tampere is a city where tradition meets innovation. Whether you're exploring its cultural landmarks, enjoying its natural surroundings, or experiencing its vibrant events, Tampere offers a uniquely Finnish experience with a warm and welcoming heart.

2. TRANSPORTATION

2.1 Arrivals

2.1.1 Official Airport and Welcome Services

Both Tampere Airport and Helsinki Vantaa Airport are the official airports of the championships. Upon arrival at one of the official Airports, the teams will be met by the LOC for further direction. Tampere Airport is around 20km from the Team Hotels while the Helsinki Airport is around 175km from the Team Hotels. A service of shuttle will be provided to the teams or the Teams will be escorted to the train station (floor -2 at the airport) to reach Tampere by Train.

In case you need any support, please report to the welcome desk located outside the arrival hall or contact the transportation department. All contact will be displayed at the team hotels welcome desk.

Team Leaders will be taken to the Main Accreditation Centre (MAC) upon arrival to settle payment and collection of the accreditation passes, while the teams will be transported directly to the hotels.

2.1.2 Arrival by Train

Teams can also arrive at Tampere Railway Station, located between 100m and 1km from all team hotels. The teams are kindly asked to go directly to their hotel, where representatives from the LOC will welcome them. Volunteers will be at the train station to help the teams.

2.1.3 Arrival by road

Teams arriving by road are kindly asked to go directly to their hotel, where representatives from the LOC will welcome them.

It is also an option for the teams to arrive by boat in the port of Tampere.

2.1.4 Entry Visas

Participants from the following countries require a visa to enter Finland and Schengen area:

Armenia - Azerbaijan – Türkiye

Please check the webpage <https://um.fi/finland-abroad> for further information.

It is the Member Federations own responsibility to apply for visas in due time before leaving their country, and to make sure that all the documents required for the application are complete. Incomplete applications slow down the process and may lead to a visa not being issued on time.

Participants who require a visa should contact the LOC and send all relevant details (as listed below) **by 31 May 2025** to obtain a special invitation letter and visa application information. It is crucial that relevant information is received by the above-mentioned deadline as otherwise entry may not be guaranteed.

Please contact:

Email: eira.kahtava@pyrinto.fi

Requests for invitation letters shall be supported with the following information:

- 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 3 months after the end of the competition)

2.1.4 Insurance

According to Regulation 1610.9, the participating Member Federations are responsible for their own insurance to cover the risk of illness or injury of any member of their team when travelling 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 shuttle service depending on the timing and distance between the venues. When it's possible, no transportation will be provided, and team members will take the public transportation or walk.

2.2.1 To the competition venue

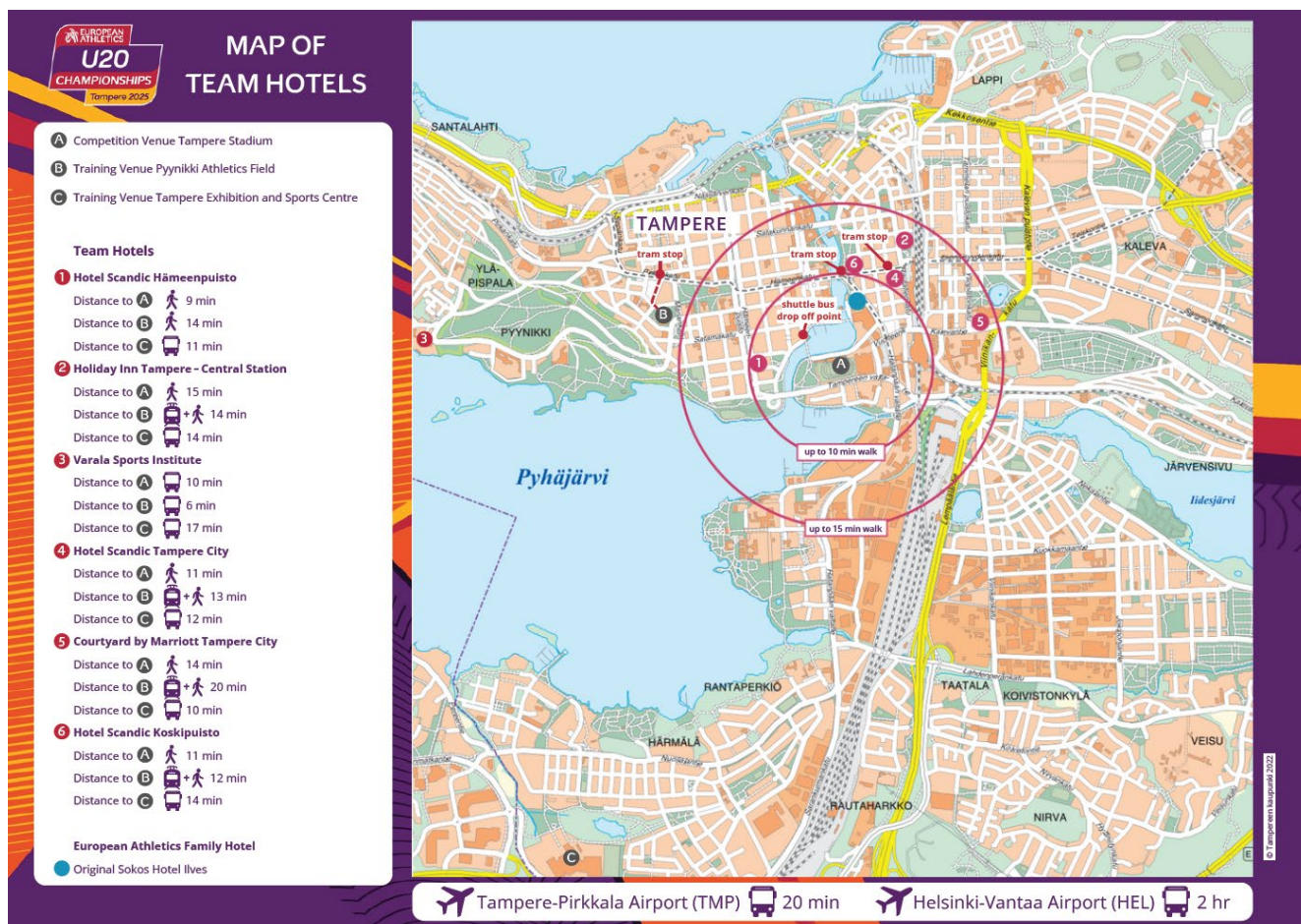
Transfer times between the hotels and the competition venue will be between 5-10 minutes walking, depending on the hotel location and traffic conditions. Only the team members coming from *Team Hotel Varala Sport Institute* will come by car.

2.2.2 To the training venues

Transfer times between the hotels and the training venue will be between 10-15 minutes, depending on the hotel location and traffic conditions.

2.2.3 To official functions

A detailed specific timetable will be posted on the notice boards at the Information desk in each Team Hotel.



2.3 Transportation of Equipment

Helsinki Airport

All Poles will be transported straight to the Stadium. Those poles arriving to Helsinki will be collected at the Welcome desk, stored within the airport and then transported all together to Tampere. Athlete or Team representative will get a receipt for the poles handed over to the LOC representative at the airport. Timetable of transportation will be decided according to Competition timetable.

All poles will be transported back to Helsinki airport on Sunday evening. All teams will pick their poles at the airport. Location will be confirmed later.

Tampere Airport

Poles arriving straight to Tampere will be transported to the Stadium while teams are to be transported to the hotel directly. There will be receipt handed over for those landing directly in Tampere.

All poles (teams flying from Tampere Airport) will be transported to Tampere airport together with the Teams.

2.4 Departure

A shuttle service will also be in place for team 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 24 hours before departure.

Teams will be asked to provide full travel details together with the final entries. Team leaders will have to confirm departure details during the accreditation process.

Any changes to the provided details shall be communicated to the LOC (Information Desk at the team hotel), at least 48 hours before departure.

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 worn at all times 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.

3.2 Accreditation Centre

The Main Accreditation Centre (MAC) will be located at the stadium Tampere. This is where the Team Leader shall report as soon as possible after his/her arrival, in order to carry out the administrative procedures.

The opening dates and times of the Teams' Accreditation Centre will be as follows:

Date	Opening hours
Monday, 4 August	10:00 – 18:00
Tuesday, 5 August	09:00 – 20:00
Wednesday, 6 August	09:00 – 20:00
Thursday, 7 August	08:00 – 21:00
Friday, 8 August	08:00 – 21:00
Saturday, 9 August	08:00 – 21:00
Sunday, 10 August	08:00 – 21:00

3.3 Registration procedure

Registration of all Team Members must be done through European Athletics' Entries System, during the Final Entries which will be open from 7 to 28 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 Procedure

The Team Leader will be asked to complete the following formalities before collection of the accreditation cards for the whole team:

- LOC accommodation invoice settlement,
- Team Leaders' package collection (including bibs),
- Team Vest check,
- 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.

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 Main Accreditation Centre (MAC). In case of losing the accreditation card, a fee of 150,00 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 area 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. Furthermore, the accreditation can be used to access the Team Shuttle Buses and meals.

The Head of Delegation from each team is invited to the VIP Hospitality area and will be given the necessary access number on the accreditation card.

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

- Horizontal Jumps coaching area (1 per athlete),
- Combined events resting area (1 per athlete + 1 per team),
- Mixed zone (for access to athletes at the end of the mixed zone) – one per team with a Team Press Liaison,
- Medical Pass (to access the medical room under the main tribune) – 1 per team with medical personnel.

The special passes for the Combined events resting room and the coaching areas will be distributed at the TIC, the day before the respective events, upon signature of the Team Leader, as well as Medical Passes if relevant. The mixed zone pass will be given out during accreditation procedure.

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.

4. ACCOMMODATION

4.1 General Information

The LOC has made accommodation arrangements for team members in 6 hotels of similar standard.

4.2 Official Hotels

The official hotels for the European Athletics U20 Championships are indicated below with internet address of their homepage where further details can be found:

Teams Hotels:

Scandic Tampere Hämeenpuisto
Hämeenpuisto 47, Tampere 33200

<https://www.scandichotels.fi/hotellit/suomi/tampere/scandic-tampere-hameenpuisto>

Scandic Tampere City
Hämeenkatu 1 (Rautatienkatu 18), Tampere 33100

<https://www.scandichotels.com/hotels/finland/tampere/scandic-tampere-city>

Scandic Tampere Koskipuisto
Koskikatu 5, Tampere 33100

<https://www.scandichotels.com/hotels/finland/tampere/scandic-tampere-koskipuisto>

Holiday Inn Tampere – Central Station
Rautatienkatu 21, Tampere 33100

<https://www.ihg.com/holidayinn/hotels/us/en/tampere/tmph/hotel/detail>

Courtyard by Marriot Tampere City
Yliopistonkatu 57, Tampere 33100

<https://www.marriott.com/en-us/hotels/tmncy-courtyard-tampere-city/overview/>

Varala Sports Institute
Varalankatu 36, Tampere 33240

<https://varala.fi/information-in-english/>

Reservations will be made by the LOC based on the accommodation requirements indicated in the Final Entries.

Team hotels allocation will be communicated after the closing of the Final Entries.

European Athletics Family Hotel:

Sokos Hotel Ilves
Hatanpään valtatie 1, Tampere 33100
Tel: +358 20 1234 631

<https://www.sokoshotels.fi/en/hotels/tampere/original-sokos-hotel-ilves>

4.4 Accommodation Costs and European Athletics Quota

4.4.1 European Athletics Quota

European Athletics has previously informed all Member Federations about the allotted free places which were based on the achieved results (places 1-8) and the number of participants per country at the European Athletics U20 Championships 2023 in Jerusalem/ISR and the European U20 Season Best-List 2024.

ALB	2	ISR	2
AND	2	ITA	18
ARM	2	KOS	2
AUT	4	LAT	3
AZE	2	LIE	2
BEL	6	LTU	4
BIH	2	LUX	2
BUL	4	MDA	2
CRO	5	MKD	2
CYP	4	MLT	2
CZE	14	MNE	2
DEN	4	MON	2
ESP	15	NED	13
EST	5	NOR	7
FIN	Host	POL	15
FRA	19	POR	3
GBR	19	ROU	5
GEO	2	SLO	4
GER	21	SMR	2
GIB	2	SRB	6
GRE	7	SUI	13
HUN	9	SVK	3
IRL	6	SWE	12
ISL	2	TUR	8
		UKR	8

Those Member Federations having been awarded a minimum of 2 (two) free places shall have at least one male and one female athlete competing. FIN as host of the Championships has not been allotted any free place.

4.4.2 Ratio of Athletes & Officials

The number of team officials in the hereunder chart is eligible for fixed price accommodation and other benefits. European Athletics will not cover these officials' accommodation costs.

Number of Athletes (1) 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.

4.4.3 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, 5 August and check-out on Monday, 11 August 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 (4 August) and 1 night after (12 August). If your team is planning to stay outside this period, the above-mentioned rates will

¹ Coaches also include Personal Coaches

not apply, and a separate agreement will have to be made with LOC, via email to Petra Hurme, petra.hurme@pyrinto.fi.

The following rates (per room) apply for team members. This includes full board accommodation, VAT and local tax:

Team Members	Single room	Twin room ⁽²⁾
In-quota Athletes during the official period	N/A	Covered by LOC/EA
Accommodation cost	170 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 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 170 per room.

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

European Athletics Regulation 510.8. and 503.11

We strongly encourage Member Federations to enter the number of athletes and officials as detailed and precise as possible. European Athletics will strictly follow the following regulations:

- 510.8. 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.
- 503.11. 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 503.8). The latter applies only if the Preliminary Entry is more than 4 (four).

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.

4.4.4 Payment Procedures

Payments should be made in Euros by bank transfer to the following account:

Bank account name:	EU20CH2025 Tampere
Bank name:	Tampereen Seudun Osuuspankki
Bank address:	Hämeenkatu 12, 33100 Tampere, Finland
Swift No:	OKOYFIHH
IBAN:	FI69 5730 0821 5135 42
VAT:	FI01556158

The total sum will be invoiced after the final entry deadline. Should the remaining amount (after the final entries) be settled by bank transfer, the team leader is requested to provide the LOC with a

proof of payment upon arrival at the Finances Office that will be located in the Main Accreditation Centre. Otherwise, the balance of the payment must be paid on-site by the Team Leader upon arrival at the Accreditation Centre.

Payment can be made by credit card or by cash in Euros.

The following credit card type will be accepted on site: VISA, Mastercard, American Express.

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.

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. Where this information is obtained, it will only be used for the purposes of urine testing, will be confidentially treated and destroyed once it is no longer required for these purposes.

After the closing of the Final Entries, any amendments and updates will have to be sent by email to LOC to Petra HURME petra.hurme@pyrinto.fi with copy to competition@europeanathletics.org.

4.6 Meals

Meals will all be served in buffet style and, to the extent possible, will be similar in all hotels. A large selection of suitable food will be available taking into consideration special diets, religion and culture of the participants.

Breakfast	from 07:00	until 10:00
Lunch	from 12:00	until 15:00
Dinner	from 19:00	until 22:00

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

For lunch and dinner, water will be available free of charge. All other drinks must be paid for.

Accreditation cards will allow access to meals. Furthermore, access to restaurants will only be possible at the hotel where they are staying.

4.7 Services in the Team Hotels

4.7.1 Information Desk

An Information Desk will be located in the lobby of each team hotel with qualified personnel offering relevant information about all aspects of the European Athletics U20 Championships.

Any information regarding competition, transportation, meeting rooms, meals, physio services, etc. will be provided at the Information Desk.

The Information Desks' opening hours will be as follows:

Date	Opening hours
Monday, 4 August	according to teams' arrival and activities program

Tuesday, 5 August	
Wednesday, 6 August	
Thursday, 7 August	according to transportation timetable (opening app 20 min before first departure)
Friday, 8 August	
Saturday, 9 August	
Sunday, 10 August	according to teams' departure

4.7.2. Meeting Rooms

Rooms for meeting opportunities are available at all team hotels. Reservation shall be required via the Information Desk at a reasonable time in advance.

To ensure that all teams have access to the meeting room, usage may be limited.

4.7.3 Rooms for Physiotherapy

General physiotherapy rooms will be available in all Team Hotels for the teams to set-up their own 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 petra.hurme@pyrinto.fi. Needs will be accommodated according to the hotel rooms availability.

4.7.4 Internet Access

Free internet access will be provided at team hotels.

4.7.5 Check-in / check-out times

Check-in: from 15:00

Check-out: until 12:00

Please contact the LOC for specific arrangements outside these times.

5. COMPETITION

5.1 Technical Information

5.1.1 Technical Information Centre (TIC)

The TIC is located at the competition venue (see appendix).

The main function of the 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:

Dates	Opening hours
Wednesday, 6 August	9:00-13:00
Thursday, 7 August	8:30-21:30
Friday, 8 August	8:00-14:00, 15:00-21:45
Saturday, 9 August	8:30-14:15, 15:45-21:30
Sunday, 10 August	9:00-14:00, 16:00-22:00

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 reporting times,
- 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,
- registration and collection of personal implements, and Informing teams in case of any personal implement is not approved after implement control,
- managing additional doping control requests,
- registration of Protests 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 notice boards. It will still be possible to request occasional copies of specific event start lists and / or results at the TIC.

Virtual TIC

Team Leaders will also be provided with an 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 ...),
- fill-in competition forms (question for Technical Briefing, 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. The online tool is accessible via any device (e.g. PC, smartphone, etc) having access to the internet.

5.1.2 Orientation visit and technical briefing

There will be an **Orientation visit** organised to the Tampere Stadium on 6 August at 10:30, in order 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 areas, from where they will be escorted to this visit. The visit will be held in English.

There will be no dedicated transport provided for this activity. Team delegates shall walk or use the Team Shuttle Service from the team hotel when available. Please refer to the Information Desk in the Team Hotel for detailed information.

This competition venue inspection will be followed by a **Technical Briefing**, which will be held on 6 August straight after the orientation visit.

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 Briefing.

The Technical Briefing will provide updates and information which is not already mentioned in this team manual and will include:

- Timetable amendments (if any)
- Qualifying procedures for races
- Qualifying distances for field events
- Starting heights and raising of the bar for the vertical jumps
- Answers to written questions

Any inquiries concerning the technical conduct of the Championships must be made in writing (in English). These questions will be answered at the Technical Briefing.

The forms on which the questions must be filled-in online on the final confirmation platform, no later than 5 August at 18:00.

5.1.4 Team Leaders' WhatsApp group

A WhatsApp group including all member federations' team leaders will be created on site, in order 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 their team only, a team leader is encouraged to use other means of communication with the European Athletics and the LOC (email, Virtual TIC, etc.).

6. COMPETITION & TRAINING VENUES, EQUIPMENT & IMPLEMENTS

6.1 Competition Venue (Tampere Stadium)

Tampere Stadium and its surroundings are shown in appendix.

Daily maps including location of field events for each session are presented in appendix.

6.1.1. Official Training at the Competition Venue

Official training for all athletes at the Tampere Stadium will take place on 6 August from 10:00-12:00.

The competition Warm-up area will also be available during this time only.

Training with Official Starters will take place at Tampere Stadium on 6 August from 10:30-11:30.

6.2 Warm-up areas

The Warm-up areas will be located at Tampere Stadium for all events except the throws.

For the long throws, it will be possible to warm-up at the Training venue Tampere Exhibition and Sports Centre. The warm-up venues will be operational according to the needs of the timetable. Dedicated time slots will be given for each Throw. The warm-up schedule for throwing events will be published in each hotel. Shuttle transportation for the long throws warm-up is available only via pre-booking. Booking must be done no later than 21.00 the day before the warm-up session at the information desk in the hotel.

6.3 Training Venues

Athletes will have the possibility to train in the following venues:

- Training venue Pyynikki Athletics Field
- Training venue Tampere Exhibition and Sports Centre
- Tampere Stadium (pole vault only)

Equipment and implements necessary for training will be available at the training venue(s).

There will be a small weight training tent in Pyynikki Athletics field and in the team area in the main competition venue Tampere Stadium for warm-up purposes.

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.

Details about transportation for training sessions are included in the transport section of this manual. The transport schedule will be displayed at the information desks in each team hotel. Public transportation will be used from hotels to Pyynikki Athletics Field. Public transportation will be free to use with accreditation card. There a shuttle transportation available to the training area for long throws in Tampere Exhibition and Sports Centre. Shuttle transportation is available only via pre-booking. Booking must be done no later than 21.00 the day before the training session at the information desk in the hotel.

Pole Vault training is possible in the competition venue Tampere Stadium on Wednesday 6 August: 10:00 -12:30.

6.4 Implements & Equipment

6.4.1 Official Implements

The implements provided by the LOC (see appendix) are selected from those appearing on the current World Athletics approved implements list.

6.4.2 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 at the TIC the day before the event and no later than 19:00.

If a personal implement cannot be accepted into the pool due to it not meeting the specifications or being unidentifiable, the relevant team will be notified through the TIC, with an explanation, and the implement will be returned.

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/library>) 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.

The athletes are now allowed to use model of personal implements which are also provided by the organisation. (rule WA TR 32.2)

6.4.3 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. Officials will also provide adhesive tape for the relay runners at the track.

7. ENTRY, QUALIFICATION SYSTEM & FINAL CONFIRMATIONS

7.1 Entry Rules

In accordance with European Athletics regulations 503, all participants must comply with eligibility qualifications for Area Games or Championships as set out in the World Athletics Rules.

No athlete may compete in the European Athletics U20 Championships unless entered by a European Athletics Member Federation.

Only athletes aged at least 16 (sixteen) and not more than 19 (nineteen) years on 31 December of the year of the competition may participate in the European Athletics U20 Championships.

Competitors must be able to present, if requested to do so by the Technical Delegates, an official document stating their birth date.

7.2 Entry Standards and Qualification Procedure

7.2.1 Individual Entries

Individual participation (503.5): Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may participate provided all of them shall have achieved the qualifying standard for that event (see regulation 508.1.3). Alternatively, to 503.5, each European Athletics Member Federation may enter one athlete in each individual event if such athlete has not achieved the qualifying standard for that event and if the Member Federation does not have qualified athletes in that event. **However, the total number of athletes without qualifying standards per European Athletics Member Federation shall not exceed two men and two women in total.**

If the host country of the European Athletics U20 Championships does not have a qualified athlete in one of the disciplines, it may enter one athlete in this discipline regardless of any Entry Standard. **The acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event.**

7.2.2 Relay Teams

Each European Athletics Member Federation may enter 1 (one) team in each relay event. Up to 8 (eight) athletes may be entered for each relay. From these 8 (eight) and from any other athletes entered for any event in the European Athletics U20 Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

7.2.3 "I run Clean" Certification

Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed European Athletics Anti-Doping Education Programme – I Run Clean. The certification is to be achieved by all athletes in addition to fulfilling any requirements for the qualification for the event they are entered in.

7.3 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 manager shall use their already known individual and personalised access.

7.3.1 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 not later than 10 (ten) days before the event. According to the regulations the deadlines for the final entries are:

- Opening of the final entries: Monday, 07 July 2025
- Deadline for the final entries: Friday, 28 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. Amendments and updates will then be possible through the accommodation and transportation modules after the closing of the final entries.

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 petra.hurme@pyrinto.fi with copy to competition@european-athletics.org.

7.3.2 Final Confirmations

Team Leaders or their representatives must confirm the names of those competitors already entered who will take part in the competition. Confirmation of athletes will not be accepted after the deadline (see table below).

Final confirmation will have to be made online, via Virtual TIC.

Final confirmation forms can be submitted together (for all competition days) or for one day at time in accordance with the times and dates shown in the table below:

Competition Day	Deadline for Final Confirmation
Thursday, 7 August	Tuesday, 5 August 2025 – 18:00
Friday, 8 August	Thursday 7 August 2025 – 09:00
Saturday, 9 August	Friday, 8 August 2025 – 09:00
Sunday, 10 August	Saturday, 9 August 2025 – 09:00

7.3.3 Relays Declaration Forms

The composition of each relay team and the order of running shall 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.

Once the team has taken part in the event, up to four additional athletes may take part in the Final. Substitutes may only be taken from the list of entered athletes, whether for the Relay or for any other event.

7.4 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).

7.5 Withdrawals

Withdrawals after final confirmation, must be submitted via Virtual TIC. If the athlete is entered in another event of the Championships, the reason for the withdrawal must be specified in detail, being its acceptance, the responsibility of the Medical Delegate and the Technical Delegates based on the World Athletics Rules.

8. COMPETITION PROCEDURES

8.1 Timetable

Please refer to Appendix for the competition timetable.

In case of any changes or updates following the Final Entries, the updated/latest version of the timetable will be available in the NEWS/Resource Centre section of the Virtual TIC.

8.2 Competition Bibs

8.2.1 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 the bib only to the front or to the back of their competition clothing (plus their bag).

Athletes competing in track events (including relays and track events of combined 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.

8.2.2 Relays

Each runner in a relay team must wear the 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 the personal bib including plastic pocket.

8.2.3 Race Walking

Beside one personal bib with name, 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 of his/her front
- The bib with his/her identification number only on his/her back

8.2.4 Combined Events

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

Athletes competing in the last race of the Combined Events will also be given a special bib, to be worn on their chest, which will indicate their position in the competition prior to the last event.

8.2.5 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 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.

8.2.6 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 Rule 5 of the Technical Rules or 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.

Member Federations shall confirm their team vests. If the uniform displayed on EA extranet differs from your current official uniform, the revised Team Vests form must be uploaded by 28 July 2025 at 14:00 using the platform sent by European Athletics for that specific purpose. Otherwise, the existing records will be used as reference.

Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits.

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 Medal Ceremonies.

8.3.1 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.

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. The referee also has the power to proceed to any check in case of doubt at any moment, in the call room for instance.

8.4 Call Room

The Call Room is located near of the team areas at Tampere Stadium. Access 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):

	Report Call Room	Call Room closes	At competition site
Track Events	0:25	0:20	0:05 - 0:06
Hurdles and Relays	0:30	0:25	0:07
High Jump	1:00	0:55	0:40
Pole Vault	1:20	1:15	1:00
Other Field Events	0:50	0:45	0:30

All times are prior to the actual starting time of the event.

Athletes who fail to report on time to the Call Room 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 Call Room.

8.4.1 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 not

authorised 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.

Competition officials in Call Room will collect the accreditation cards from competitors for the duration of the event. Athletes will be able to collect their accreditation cards back in the kit collection area after the event.

Combined Events

Athletes in Combined Events need to report to the Call Room at Tampere Stadium 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 Specific Event Procedures

Competition Regulations are available at <https://www.european-athletics.com/competitions/competition-regulations>

8.5.2 Trials in Field Events

In all throwing events, each athlete is allowed to 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 athlete qualifying after their first or second trial are not allowed to take any further trials. In the finals top 8 athletes after 3rd attempt, will be allowed 3 additional attempts (6 in total).

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.

8.5.3 Combined Events

A resting area for the competitors taking part in combined events will be provided under the main stands (see stadium map,), where athletes can rest and wait for their next event. As the presence of

the athletes in this room between events is not obligatory, all athletes must report to this room before the start of an event to undergo their final check.

Fruit, energy bars, sandwiches and drinks will be provided in the resting area. Toilets and showers facilities will also be available.

Access to the combined events resting area is limited to the competitors and any other accredited person (coach, doctor, etc.) who are in possession of the appropriate combined events resting area pass. These passes can be collected at the TIC the day before the start of each combined event competition.

8.5.4 Race Walking

Race Walking events will be at Fana Stadium and conducted under the World Athletics TR 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.

8.6 Coaching Zones

To allow communication between athletes and coaches, seats have been reserved in the stands close to the field events positions. Special passes for each field event will be distributed from the TIC

to the teams, according to the Final Confirmation. There will be one pass per athlete competing. The pass is only valid when accompanied by a team accreditation, this accreditation needs to always be visible.

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 Drinking Stations

Water refill stations will be provided in the warm-up area, in the call room, in the infield and in the mixed zone.

8.9 Protests and Appeals

Protests and appeals are permitted and will be processed in accordance with World Athletics Rule 8 of the Technical Rules or TR8.

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 Rule 8 of the Technical Rules or TR8). Such a 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.

In case 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 (time of publication recorded in the pdf result sheets displayed on the results platform of European Athletics).

If the final decision of the Referee is not satisfactory a written 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 Rule 8 of the Technical Rules or TR8 and signed by a responsible official on behalf of the athlete and submitted via the Virtual TIC 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 the virtual TIC.

9. MEDICAL

9.1 Medical Services

The medical service is in charge of 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.

Below you can find information about the medical care sites and relevant instructions.

Outside the official opening hours of the official venues and medical facilities, team members shall contact the on-call 24/7 medical assistance available through Dr. Heidi Haapasalo (+358 40 3648743). In case of emergency, please contact the nearest medical first aid station or call the 24/7 Medical Emergency number 112.

9.1.1 Medical Services in the Team Hotels

There are no medical centres in the Team Hotels. Medical help in the hotels is available on call. The phone number of medical help will be displayed at the championships Information Desk in the Team Hotel.

9.1.2 Medical Care at the Stadium & Warm-up Area

The Main Medical Centre serves the athletes, coaches, other team members as well as members of the competition organisation. The Main Medical Centre is located at Tampere Stadium under the main tribune (see appendix) and will be open according to the following schedule:

Date	Opening hours
Tuesday, 5 August	According to teams' arrival
Wednesday, 6 August	08:00 – 18:00
Thursday, 7 August	08:00 – 22:00
Friday, 8 August	08:00 – 22:00
Saturday, 9 August	08:00 – 22:00
Sunday, 10 August	08:00 – 22:00

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

The team doctors (with the special medical pass) will have access to the medical centre when an athlete of his/her own team is hurt or needs other medical attention.

9.1.3 Medical Care at the Training Areas

First Aid will be available at all Training venues during official training hours. Sport Medicine or other services will be on call for these venues.

9.1.4 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

9.2.1 Physiotherapy Services in Team Hotels

There will be general room(s) available for physiotherapy use in the Team Hotels. The physiotherapy room will be equipped with ice and towels.

LOC physiotherapists will be also available on call. Athletes willing to book a treatment shall proceed to the Information Desk in their respective team hotel where volunteers will make arrangements according to the availability.

9.2.2 Physiotherapy Services at warm-up and training venues

All teams will have their own facilities prepared in the warm-up area with adequate physiotherapy space, including the availability of an LOC physiotherapist on call. Athletes willing to book a treatment shall proceed to the Medical Centre, where the medical staff will make arrangements according to availability.

The team physiotherapists and doctors may use the equipment in the Main medical Centre in cooperation with the LOC medical staff.

9.3 Import of Medication and Medical Equipment

Team healthcare personnel are responsible for the storage and safekeeping of their delegation's medicines and supplies. LOC is not responsible for, and shall have no liability relating to, or arising out of the storage or monitoring of the supplies and medicines by the team. Team doctors should ensure that robust systems are in place to ensure safe and secure handling of medicines in their possession.

For importing medicines to Finland, please consult the following pages:

- https://fimea.fi/en/for_public/travellers_medicines
- <https://tulli.fi/en/restrictions/medicines/travel>

9.4 Doping Control

9.4.1 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 1 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 anti-doping officials. Athletes will be required to sign a doping control notification form after leaving the Mixed Zone. Athletes have the right to be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice.

As per the applicable regulations selected athletes should report to the DCS immediately, exceptionally athletes will be allowed to proceed to the DCS when they are ready to perform the test. 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 refusal to provide a sample without a valid reason would result in 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 the Therapeutic Use Exemption system prior to attending the Championships.

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.

9.4.2 Additional Controls

Athletes requiring doping control (e.g., for national record) 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) 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 & SOCIALS

10.1 European Athletics & LOC Dinner

The European Athletics & LOC Dinner will take place at Ravintola Tampella on Wednesday 6 August at 19:30. Head of Delegation of each Team will be invited via email. LOC kindly ask each Head of Delegation to confirm their attendance until 30 July latest.

10.2 Opening Ceremony

The Opening Ceremony will take place on Wednesday 6 August 2025 at 18:00, at the Olympia Square. Team members will not be involved in the Opening Ceremony, but they are welcome to attend the ceremony.

10.3 Medal Ceremonies

All the Medal Ceremonies will take place at Tampere Stadium.

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, phones or other.

Teams will receive detailed information on the Medal Ceremonies at the Technical Briefing.

11. SUSTAINABILITY

The City of Tampere, Tampereen Pyrintö sports clubs and European Athletics are committed to reducing the environmental impact of the Tampere 2025 European Athletics U20 Championships whilst promoting social responsibility in a safe, clean and well-maintained environment for all participants and attendees of this Age Group Championships.

The following measures will be implemented to minimise the environmental footprint of the event, to actively engage participants with sustainability action and to contribute to long-term positive outcomes for the host city and its communities.

Environmental:

- sustainable local transport solutions and reduction of local travel related CO2 emissions
- responsible water consumption
- waste management and collection (including food waste)
- use of permanent constructions
- reduced travel distances between official hotels and competition venue
- digitalisation and paper-printed materials reduction,
- tree planting
- 3Rs policy.
-

Social & Governance:

- Promotion of Tampere's cultural heritage
- City of Tampere Safe Spaces Guidelines
- free tickets for local school children
- Athletes' Zone to promote safeguarding, well-being, fair play and anti-doping
- promoting Finland as a corrupt-free country
- and helping others in case of distress

Further details about the Tampere 2025 Sustainability & Legacy plan will be available from the event page on the EA website closer to the event.

A small suggestion is to ask athletes to bring their own pins. **It can also have an impact!**

12. 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:

Mobile: +41 75 425 50 00

Email: safeguarding.officer@european-athletics.org

To enhance this commitment and increase the visibility on the importance of safeguarding, the following initiatives are part of the European Athletics Safeguarding Programme at the European Athletics U20 Championships 2025:

- The LOC has appointed a Safeguarding Officer and services in accordance with European Athletics Safeguarding Policy, the national laws and the advice of the European Athletics Safeguarding Officer.
- The LOC Safeguarding Officer along with European Athletics Safeguarding Officer will be present for the whole duration of the event. Contact details will be made available at the Warm-up /Teams Area, Technical Information Centre, and Team Hotels.
- The European Athletics Safeguarding Officer will conduct short safeguarding briefing sessions during the Teams Leaders' Technical Briefing and will schedule with the Team Leaders safeguarding briefs at the respective national teams' meetings.
- The European Athletics Safeguarding Officer will operate a Safe Space, where any team member can get further information or advice on Safeguarding.
- Further activities will take place at the event venue to engage with the team members on Safeguarding awareness and prevention and information will be made available in due course.

If you have any question or concern about your safety or somebody else's safety during this event, please contact the LOC Safeguarding Officer and/or European Athletics Safeguarding Officer. 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 local authorities. The local Safeguarding Officer and other relevant contacts will be also made available at the event venue and official hotels.

13. CONTACT DETAILS

For further details about the European Athletics U20 Championships in Tampere/FIN please contact:

European Athletics

Avenue Louis-Ruchonnet 16

1003 Lausanne, Switzerland

Tel: +41 21 313 43 50

E-mail: competition@european-athletics.org

Web: www.european-athletics.com

Local Organising Committee

Elisa Hakanen

Executive Director

Tel: +358 50 352 0982

elisa.hakanen@pyrinto.fi

www.tampere2025.com

14. APPENDICES

Appendix 1 – Key dates and General Programme

Appendix 2 – Entry standards & Conditions

Appendix 3 – Implements List

Appendix 4 – Timetable

Appendix 5 – Daily maps

Appendix 6 – City Map with Team hotels & Championships sites

Appendix 7 – Map of Stadium and Warm-up

Appendix 8 – Timetable for Training – Throws

Appendix 1 – Key dates and General Programme

Date	Time	Event	Place
4 August	10:00	Team Accreditation centre open	Tampere Stadium
5 August	18:00	Deadline for submitting written questions for the Technical Briefing	Virtual TIC
5 August	18:00	Final Confirmation of Entries for Day 1	Online TIC
6 August	10:00	Athletes Official Training	Tampere Stadium
6 August	10:30	Orientation Visit and Technical Briefing	Tampere Stadium
6 August	18:00	Opening Ceremony	Olympia Square
6 August	19:30	EA/LOC Dinner	Ravintola Tampella
7 August	09:30	1 st Competition Day	Tampere Stadium

European Athletics U20 Championships 2025*
Tampere/FIN, 07-10 August 2025
 (as of March 2025)

Entry Standards

Athletes	Rounds	Men	Event	Women
32	3	10.62	100m	11.80
32	3	21.55	200m	24.40
32	3	48.15	400m	55.50
24	2	1:50.00	800m	2:07.80
24	2	3:47.50	1500m	4:24.00
24	2	8:17.00	3000m	9:48.00
25	1	14:26.00	5000m	17:05.00
32	3	14.12	100/110m Hurdles	13.92
32	3	53.25	400m Hurdles	1:01.00
24	2	9:15.00	3000m SC	10:50.00
25	1	45:30.00	10,000m Walk	51:00.00
16	2	NES	4x100m	NES
16	2	NES	4x400m	NES
24	2	2.11	High Jump	1.80
24	2	5.12	Pole Vault	4.00
24	2	7.40	Long Jump	6.20
24	2	15.05	Triple Jump	12.85
24	2	17.80	Shot Put	14.10
24	2	54.50	Discus	47.50
24	2	68.00	Hammer	57.50
24	2	66.00	Javelin	48.50
20		7200	Heptathlon/Decathlon	5350

*The Qualification System is to confirm athletes being qualified, but it is up to each European Athletics Member Federation to enter athletes in the European Athletics U20 Championships in accordance with the World Athletics Rules on eligibility and internal selection procedures.

Entry Rules

Individual participation (503.5): Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may participate provided all of them shall have achieved the qualifying standard for that event (see regulation 508.1.3).

Alternatively to 503.5, each European Athletics Member Federation may enter one athlete in each individual event if such athlete has not achieved the qualifying standard for that event and if the Member Federation does not have qualified athletes in that event.

However, **the total number of athletes without qualifying standards per European Athletics Member Federation shall not exceed two men and two women in total.**

If the host country of the European Athletics U20 Championships does not have a qualified athlete in one of the disciplines, it may enter one athlete in this discipline regardless of any Entry Standard. **The acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event.**

Relay teams (503.7): Each European Athletics Member Federation may enter 1 (one) team in each relay event. Up to 8 (eight) athletes may be entered for each relay. From these 8 (eight) and from any other athletes entered for any event in the European Athletics U20 Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the World Athletics rules;

No athlete may compete in the European Athletics U20 Championships unless entered by a European Athletics Member Federation.

Conditions for validity of performances:

- Performances must be achieved between the **1 January 2024** and **27 July 2025**;
- All performances must be achieved during competitions organised or authorised by World Athletics, its Area Associations, or its National Federations, and conducted in conformity with World Athletics Rules. European Athletics reserves the right to establish additional criteria for the acceptance of the results for the purpose of the entry standards, with the aim to preserve the integrity of the sport;
- In regard to the Member Federations, who are on the latest Competition Manipulation Watch List, the consequences, as defined by the World Athletics (please, refer to WA Circular Letter M/49/22), are valid also for the purpose of qualifying to any European Athletics event, including the European Athletics U20 Championships.
- Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with World Athletics Rule TR 9, performances achieved in events of 5000m may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender. For Race Walks the results will always be accepted;

- Wind assisted performances (over 2m/sec) will not be accepted; (For the combined events the conditions set in World Athletics Technical Rule will still be applied for qualification purposes, so at least one of the following conditions shall be satisfied:
 - the velocity in any individual event shall not exceed plus 4 metres per second;
 - the average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 m/s;
- Short-Track performances will be accepted;
- Hand-timed performances for events up to and including 800m and 4x100m Relay will not be accepted;
- For 5000m, results of 5km races conducted on the road will be accepted.
Please note, performances achieved by women in mixed competitions in road events will not be accepted.
- For Race Walks, results of races conducted on the road will be accepted.
- For the running events of 200m and over, performances achieved on over-sized indoor tracks will be accepted. Subject to that an oval track length is greater than 201.2m (220 yards) but no greater than 400m; and the event is conducted in a competition area or facility in conformity with the Rules and in respect of which, if held on a temporary facility, a survey has been made in accordance with Rule 10 of the Technical Rules.

Non-sporting eligibility criteria “I run clean”

Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed European Athletics Anti-Doping Education Programme – I Run Clean. The certification is to be achieved by all athletes in addition to fulfilling any requirements for the qualification for the event they are entered in.

European Athletics U20 Championships 2025

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Official Implements List

Shot 4kg

CATALOGUE NO.	COMPANY	DESCRIPTION	COLOUR*	CERTIFICATION
PK-4/95	Polanik	Turned steel, Competition, dia: 95mm	Various	I-12-0588
PK-4/100	Polanik	Turned steel, Competition, dia:100mm	Various	I-99-0150
8340004	ATE	Competition Turned Iron, dia:104mm	Pink	I-07-0386
PK-4/105-S	Polanik	Turned stainless steel, dia:105mm	Metallic	I-00-0232
5131400	Nordic Sport	Nordic Viking, steel, dia:110mm	Orange / Red	I-22-0334

Shot 6kg

PK-6/105	Polanik	Competition, Turned steel, dia:105mm	Various	I-12-0584
5132600A	Nordic Sport	Brass, dia:110mm	Gold	I-03-0295
PK-6/115	Polanik	Competition, Turned steel, dia:115mm	Yellow	I-02-0262
1118BB	Nelco	Turned Iron, dia: 119mm	Red, Yellow / Various	I-02-0282
5131600C	Nordic Sport	Viking, steel, dia:125mm	Red	I-02-0342

Discus 1kg

N1105B	Nelco	Super Spin Black	Black-Brass	I-99-0092
D1000JSUS	Denfi Sport	Jurgen Schult Ultimate Spin, chrome rim, carbon grey	Yellow-white-steel	I-99-0099
N1105GD	Nelco	Brass rim, plastic side, rimglide 75m	White-Gold Yellow	I-99-0096
CCD20-1	Polanik	Carbon in steel, steel rim, carbon sides	Black-Brass	I-20-1002

Discus 1.75kg

N1105AB	Nelco	Super Spin, stainless steel rim, plastic sides, rimglide 70m	Yellow-Black-Steel	I-02-0279
N1105GB	Nelco	Gold, brass rim, plastic sides, rimglide 75m	Light-Braun-Brass	I-02-0280
CCD14-1,75	Polanik	Carbon Premium, brass rim, carbon sides	Black-Brass	I-14-0678
F334	Nishi	Super HM, steel rim, FRP sides	Blue-White-Steel	I-07-0390

Hammer 4kg

PM-4/95/UP/UW-110	Polanik	Competition, Steel, dia: 95mm	Yellow	I-99-0156
PM-4/95-M/UP/UW-110	Polanik	Competition, Brass, dia: 95mm	Gold	I-00-0204
PH-4-B/UW-110	Polanik	Premium Line Black, Steel, dia: 95mm	Black	I-10-0466
N1122ES/N1125BN	Nelco	Olympic, steel, dia: 95mm	Yellow	I-01-0250

European Athletics U20 Championships 2025

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Hammer 6kg

PM-6/105-M/UP/UW-115	Polanik	Competition, turned brass, dia: 105mm	Gold	I-02-0267
5125600/5120040	Nordic Sport	Brass, dia: 105mm	Gold	I-02-0284
N1122CSA/N1125BN	Polanik	Olympic, Steel, dia: 105mm	Blue	I-02-0261

Javelin 600gr

7925600	Nordic sport	Viking 600, 600g	Turquoise	I-04-0306
600S50	Nemeth Javel-Inn	Standard 50m 600g, aluminium	Lilac-Violet	I-08-0411
600S60	Nemeth Javel-Inn	Standard 60m 600g, aluminium	Violet	I-99-0108
600CMC75	Nemeth Javel-Inn	Club 75m 600g, Medium composite	Violet-Yellow-Blue	I-13-0628
600CS80	Nemeth Javel-Inn	Classic 80m, 600g, aluminium	Violet-Yellow-Green	I-99-0102
AF10-600	Polanik	Competition Air Flyer, duraluminium	Violet-Pink	I-11-0500
7917603	Nordic sport	Diana Steel, steel, 80m	Purple-White	I-99-0018
7917606c	Nordic sport	Olympia Carbon, carbon	White-Green	I-10-0457

Javelin 800gr

7913800	Nordic Sport	Master steel competition javelin	Light Blue	I-99-0013
800C80	Nemeth Javel-Inn	Violet/yellow/blue, violet cord	Violet-Yellow-Blue	I-99-0105
800CS85	Nemeth Javel-Inn	Classic 85m 800g, Aluminium	Violet-Yellow-Red	I-09-0429
7916800c	Nordic Sport	Champion Carbon, carbon	White-Violet stripes	I-99-0189
7916801	Nordic Sport	Super Elite 800g, steel, 90m	White-Blue stripes	I-99-0020
7918802c	Nordic Sport	Valhalla 800g Medium NXB	White-Red stripes	I-18-0915

European Athletics U20 Championships 2025 Tampere/FIN, 07-10 August 2025



ADDITIONAL IMPLEMENTS may be added to the official list, if requested by Member Federations directly or by manufacturers with the endorsement of a Member Federation, to European Athletics by 1 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 must be supplied by the Member Federation or manufacturer concerned and delivered to the LOC by 20 July 2025 at the latest.

PERSONAL IMPLEMENTS shall also be allowed, providing that:

- They have World Athletics certification in force.
- They are in good conditions and the brand is easily recognised.
- 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.
- They will have to be submitted to the LOC for approval at the location and by the deadline mentioned in the Team Manual.

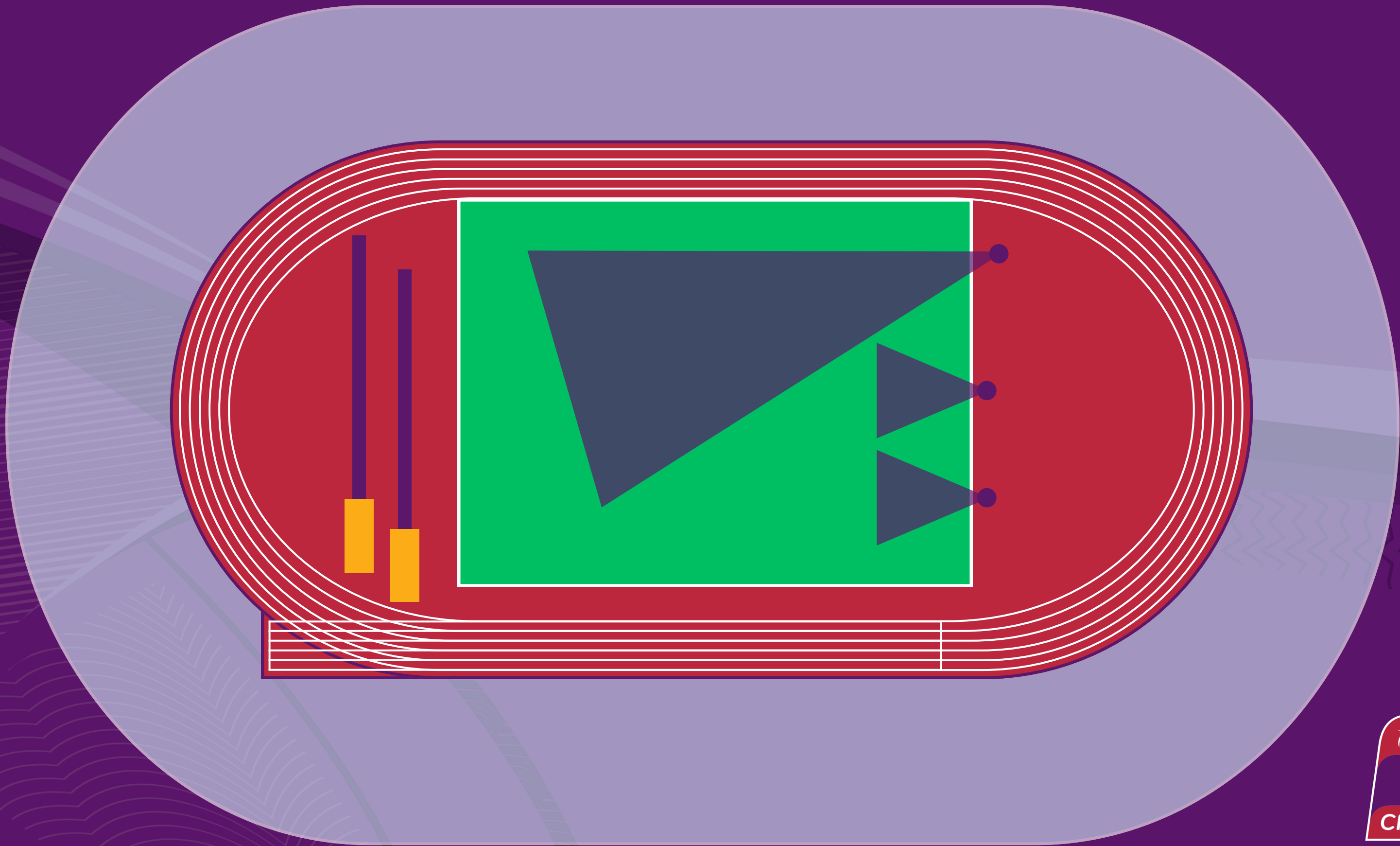
In order to speed up the checking in of eligible personal implements, please come prepared and consult the World Athletics list on the website (<https://www.worldathletics.org/about-iaaf/documents/technical-information>) in advance to identify the implement noting its World Athletics certification number.

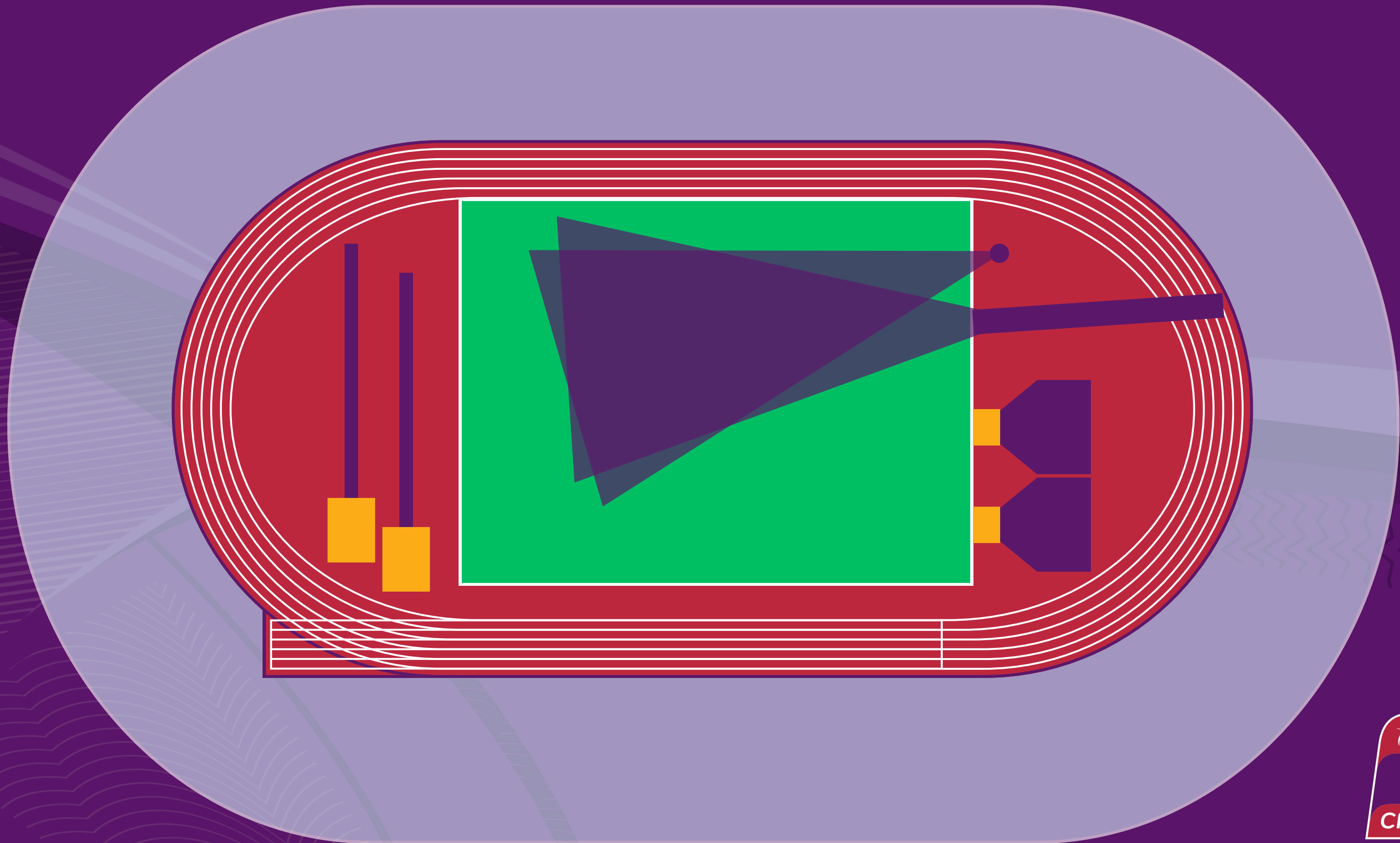
If you do not find your implement in the list but you believe that it is/was certified, please contact the World Athletics office at technicalofficer@worldathletics.org so that its status can be checked and confirmed to you and the LOC in due time.

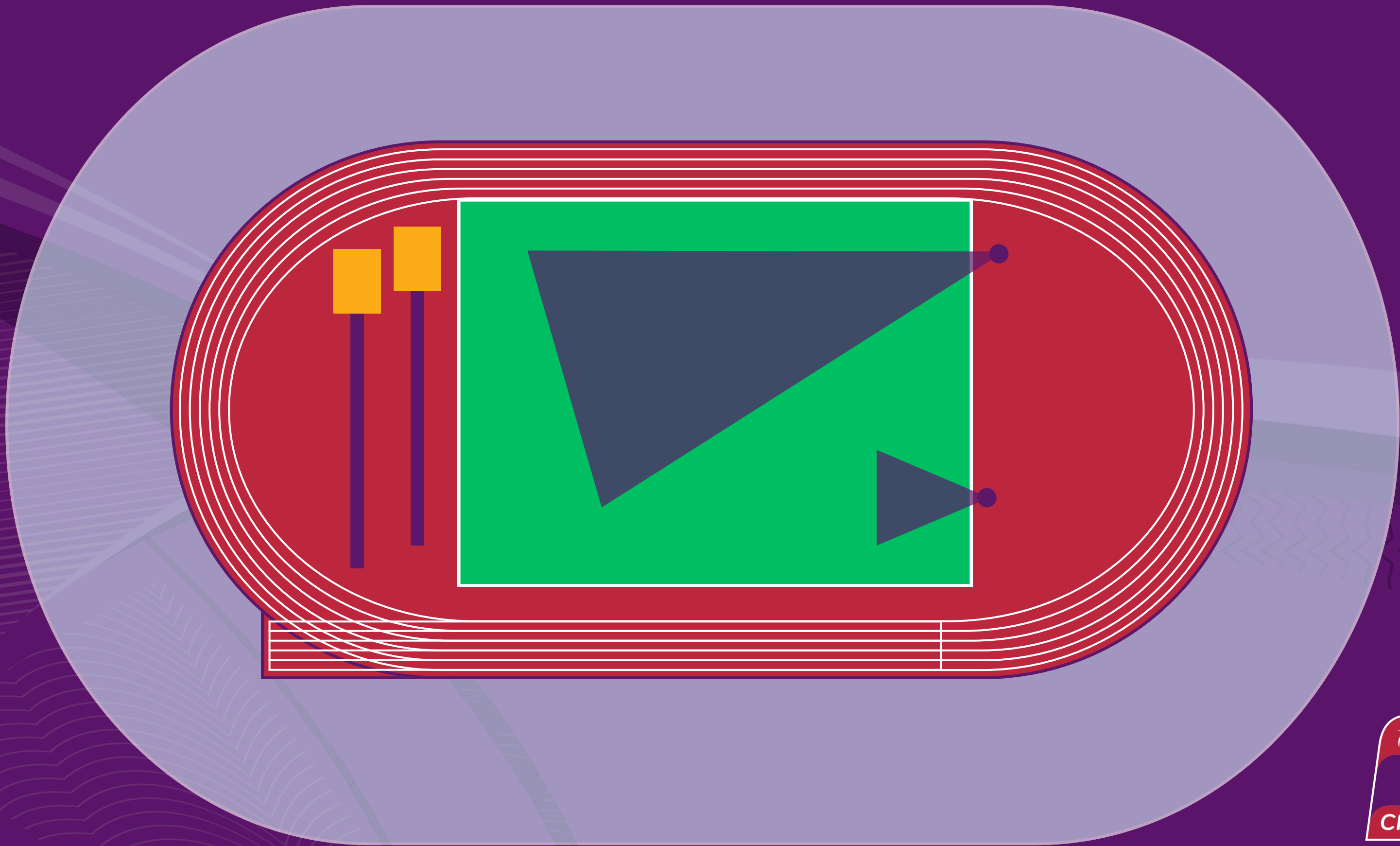
According to the new WA Technical Rule 32.2, the personal implements may be of the same models as those on the official list.

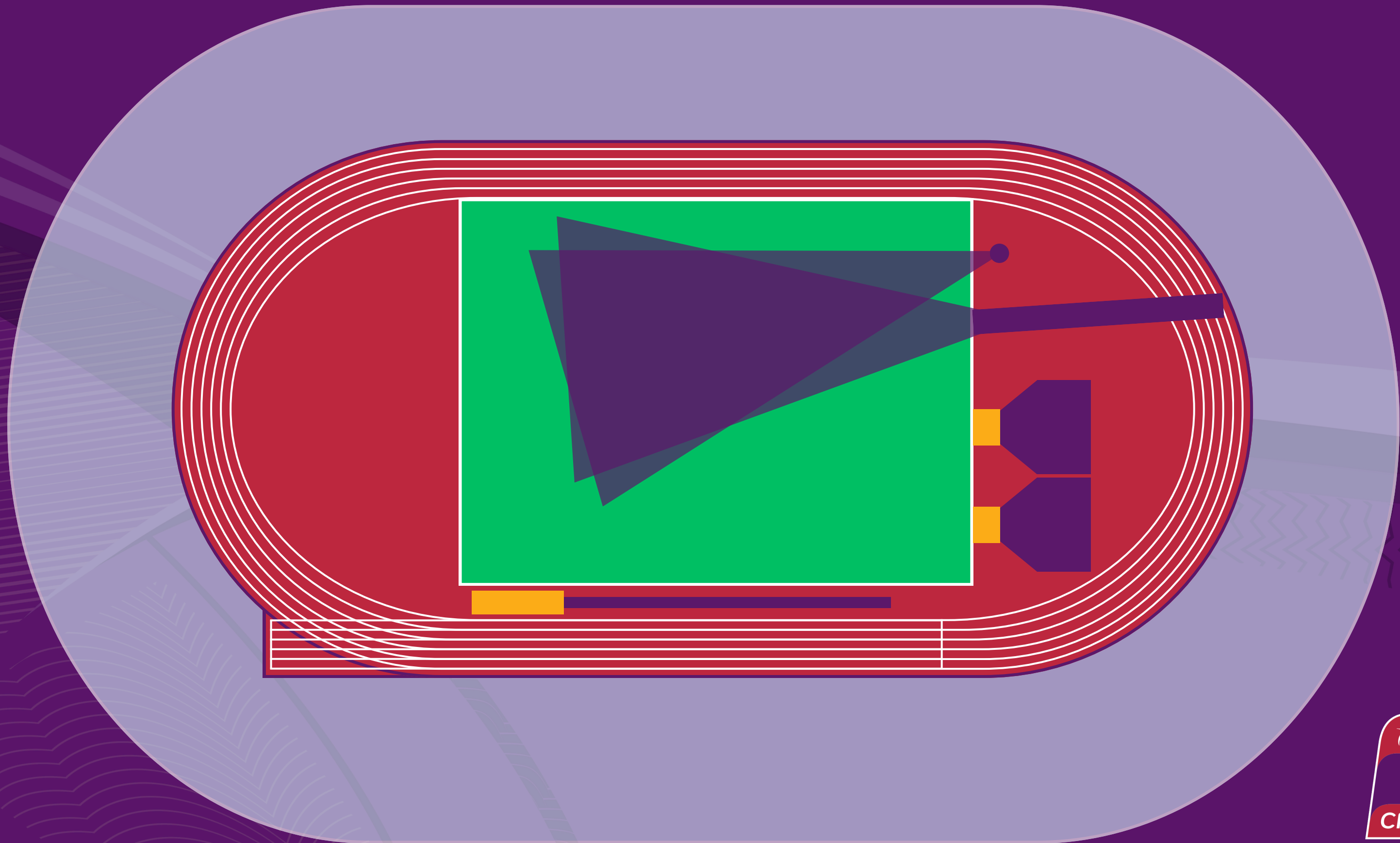
EUROPEAN ATHLETICS U20 CHAMPIONSHIPS
TAMPERE, FIN 7-10 AUGUST 2025

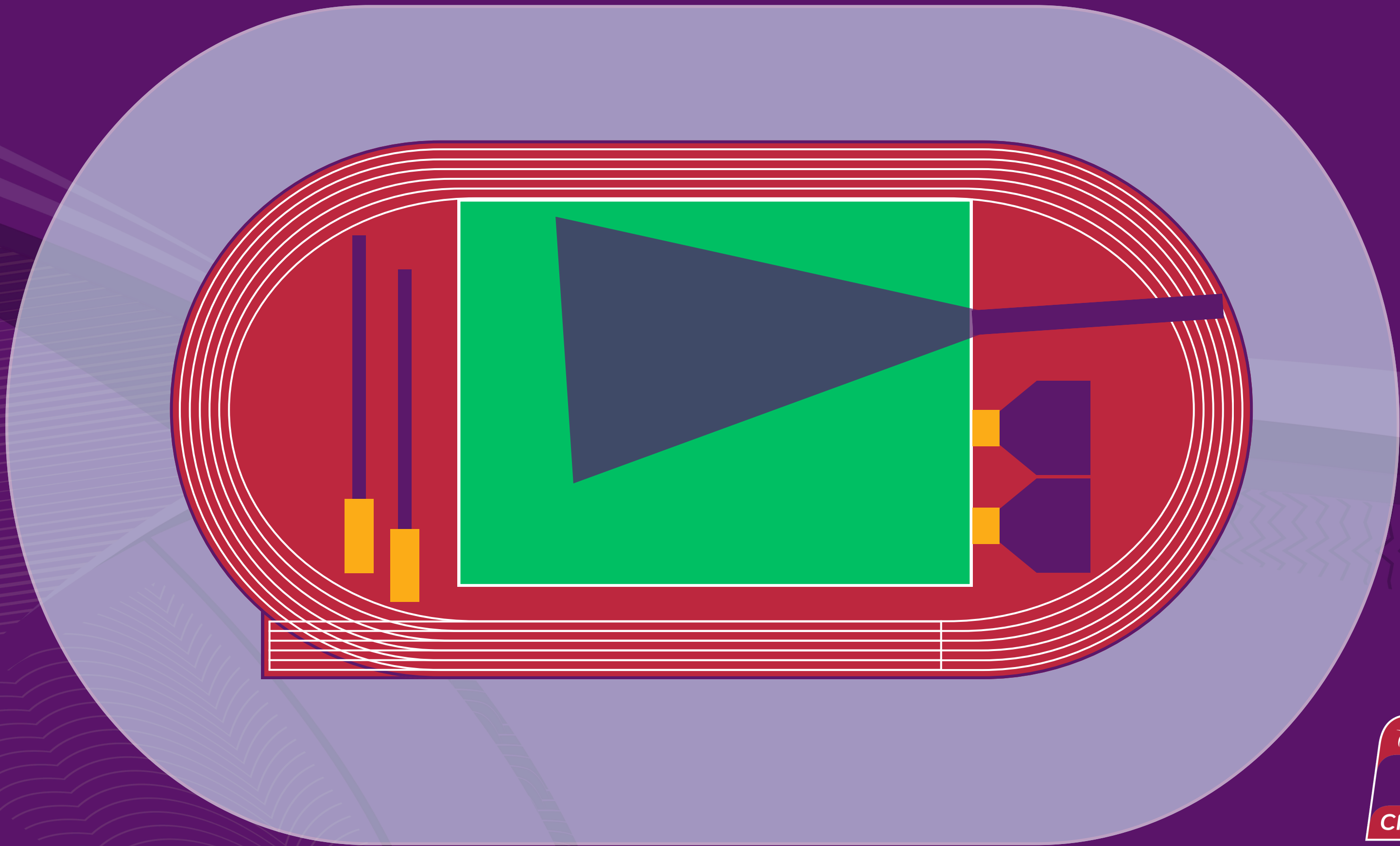
DAY 1 - Thursday Morning, 7 August	DAY 2 - Friday Morning, 8 August	DAY 3 - Saturday Morning, 9 August	DAY 4 - Sunday Morning, 10 August
09:45 100m Dec M Heats	09:30 110m H Dec M Heats	09:30 10000m RW W F	09:50 400m M MC
10:05 Hammer Throw M Q A	09:35 Pole Vault W Q A+B	09:35 Javelin Throw M Q A	09:55 400m W MC
10:35 400m W R1	10:10 3000m SC W R1	10:45 100m H Hep W Heats	10:00 Long Jump Hep W AB
10:45 Long Jump Dec M A+B	10:20 Discus Throw Dec M A	10:50 Javelin Throw M Q B	10:25 10000m RW M F
11:15 400m M R1	11:10 200m M R1	10:55 Long Jump W Q A+B	10:30 High Jump M F
11:20 Hammer Throw M Q B	11:20 Discus Throw Dec M B	11:10 100m H W R1	11:20 Javelin Throw Hep W A
11:55 100m W R1	11:45 200m W R1	11:35 110m H M R1	11:25 Pole Vault W F
12:00 Long Jump M Q A+B	12:15 Pole Vault Dec M A	11:45 High Jump Hep W AB	11:50 110m H M SF
12:15 Shot Put Dec M A+B	12:20 Shot Put M F	12:05 3000m SC M R1	12:20 Pole Vault M MC
12:30 100m M R1	12:30 Hammer Throw W Q A	12:35 Javelin Throw W F	12:25 10000m RW M MC
12:45 Discus Throw W Q A	12:35 Pole Vault Dec M B	12:40 Triple Jump M Q A+B	12:40 Javelin Throw Hep W B
13:15 400m H M R1	13:00 1500m M R1	12:50 4 x 400m Relay W R1	12:45 100m H W SF
13:25 Shot Put M Q A+B	13:35 3000m W R1	13:15 4 x 400m Relay M R1	13:05 3000m W F
13:45 Triple Jump W Q A+B	13:45 Hammer Throw W Q B	13:45 200m M SF	13:45 High Jump M MC
13:55 400m H W R1		14:05 200m W SF	
14:00 Discus Throw W Q B			
DAY 1 - Thursday Afternoon, 7 August	DAY 2 - Friday Afternoon, 8 August	DAY 3 - Saturday Afternoon, 9 August	DAY 4 - Sunday Afternoon, 10 August
16:25 Discus Throw M Q A	15:40 Shot Put M MC	16:40 Javelin Throw W MC	16:30 Pole Vault W MC
16:30 High Jump Dec M A+B	15:50 Hammer Throw M F	16:45 10000m RW W MC	16:45 Triple Jump M F
17:25 3000m M R1	16:00 High Jump M Q A+B	17:05 400m H M F	17:00 Shot Put W F
17:45 Discus Throw M Q B	17:00 Triple Jump W F	17:20 400m H W F	17:30 High Jump W F
18:00 Pole Vault M Q A+B	17:22 400m M SF	17:10 Shot Put Hep W AB	17:50 4 x 100m Relay W F
18:05 800m M R1	17:30 Javelin Throw Dec M A	17:15 Discus Throw M F	18:05 4 x 100m Relay M F
18:45 1500m W R1	17:40 400m W SF	17:35 200m W F	18:15 3000m SC M F
19:00 Javelin Throw W Q A	18:00 800m W R1	17:45 200m M F	18:30 3000m W MC
19:05 High Jump W Q A+B	18:25 Javelin Throw Dec M B	17:55 3000m SC W F	18:35 Javelin Throw M F
19:25 5000m W F	18:30 5000m M F	18:10 Pole Vault M F	18:45 1500m M F
19:55 400m Dec M Heats	19:00 400m H M SF	18:15 Shot Put W Q A+B	18:55 Long Jump W F
20:15 Javelin Throw W Q B	19:15 Long Jump M F	18:15 400m H W MC	19:00 800m W F
20:30 100m W SF	19:20 400m H W SF	18:20 400m H M MC	19:05 4 x 100m Relay W MC
20:50 100m M SF	19:35 Discus Throw W F	18:30 200m Hep W Heats	19:15 110m H M F
21:05 5000m W MC	19:55 1500m Dec M F	18:55 800m M F	19:20 4 x 100m Relay M MC
	20:45 100m W F	19:05 Hammer Throw W F	19:30 100m H W F
	20:55 100m M F	19:10 1500m W F	19:40 800m Hep W F
	21:00 Hammer Throw M MC	19:22 4 x 100m Relay W R1	20:05 4 x 400m Relay W F
	21:05 Triple Jump W MC	19:40 4 x 100m Relay M R1	20:15 4 x 400m Relay M F
	21:10 5000m M MC	19:58 3000m M F	20:25 3000m SC M MC
	21:15 Long Jump M MC	20:15 400m M F	20:30 Triple Jump M MC
	21:20 Discus Throw W MC	20:25 400m W F	20:35 Shot Put W MC
	21:25 Decathlon M MC	20:33 100m W MC	20:40 Javelin Throw M MC
		20:38 100m M MC	20:45 1500m M MC
		20:43 Discus Throw M MC	20:50 800m W MC
		20:48 3000m SC W MC	20:55 110m H M MC
		20:53 800m M MC	21:00 100m H W MC
		20:58 200m W MC	21:05 Heptathlon W MC
		21:03 200m M MC	21:10 High Jump W MC
		21:08 Hammer Throw W MC	21:15 Long Jump W MC
		21:13 3000m M MC	21:20 4 x 400m Relay W MC
		21:18 1500m W MC	21:25 4 x 400m Relay M MC

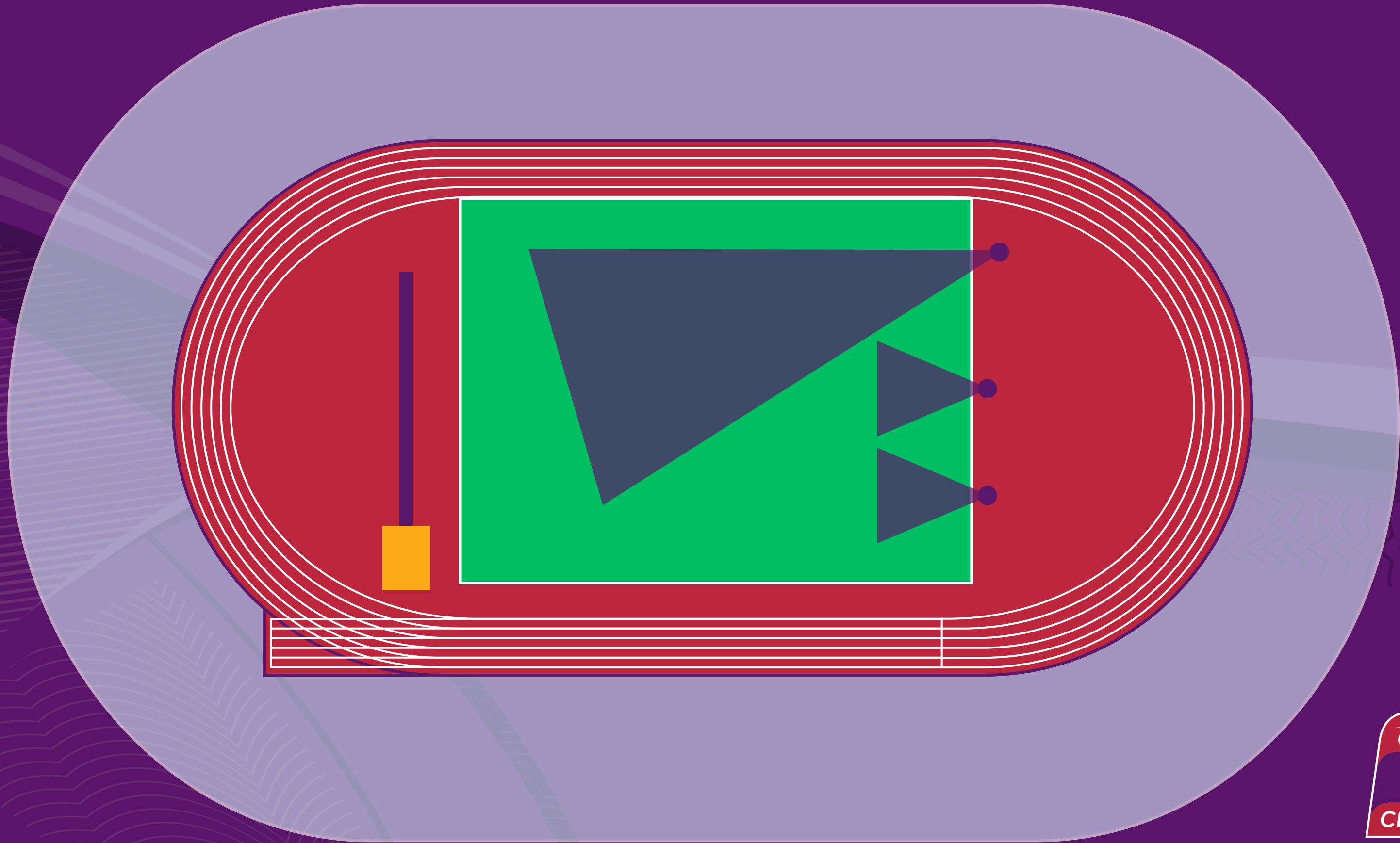


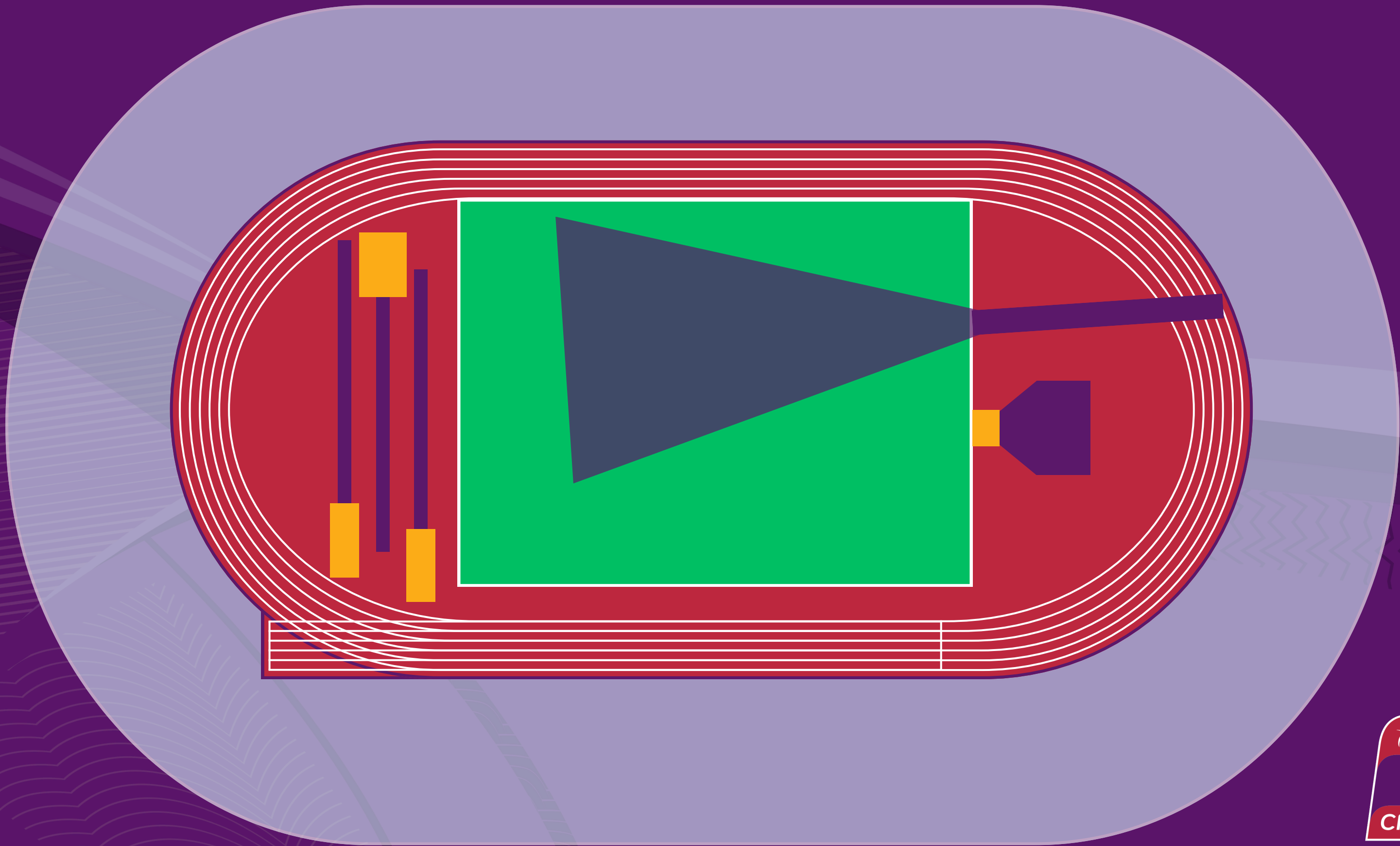


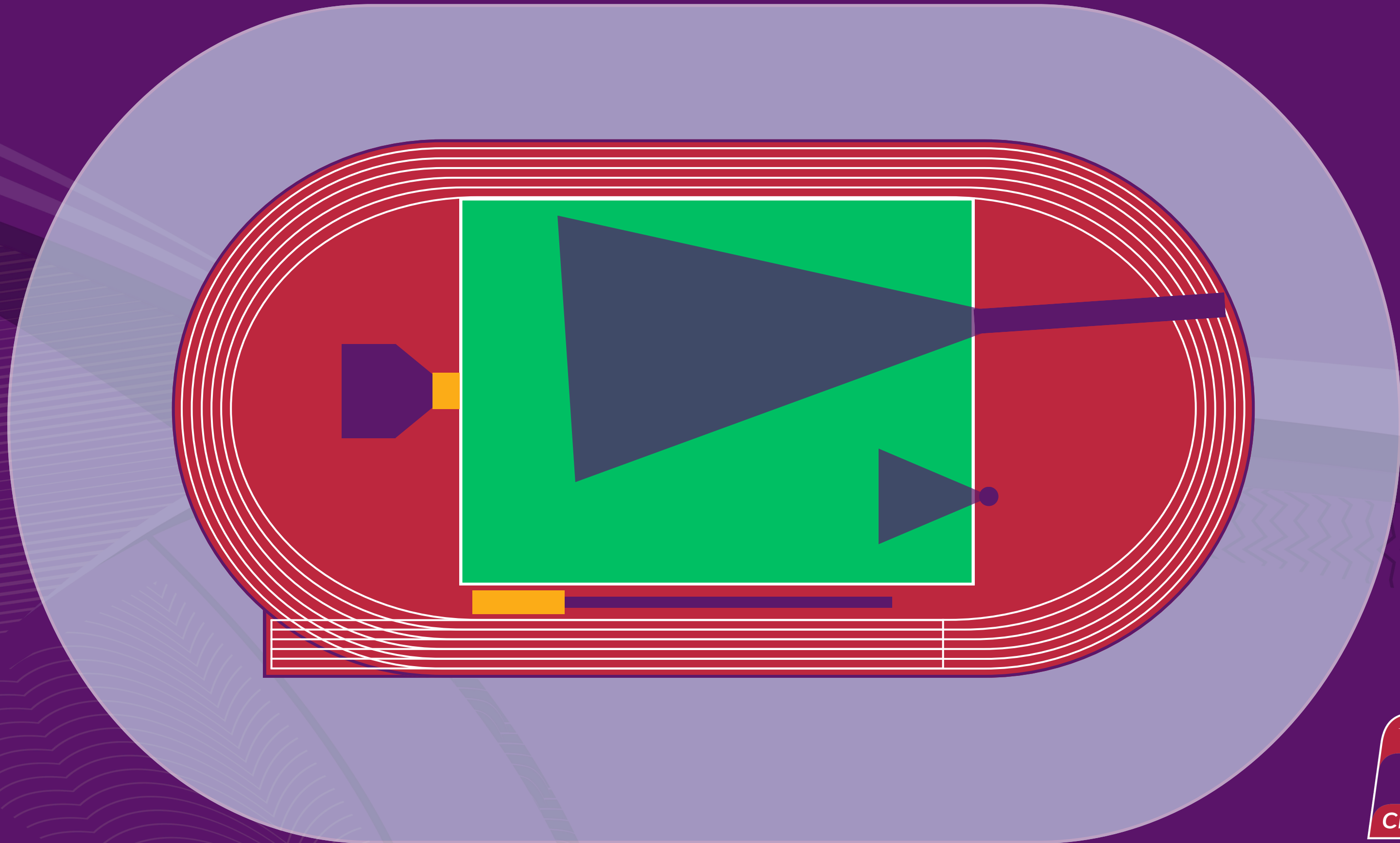












MAP OF TEAM HOTELS

- A** Competition Venue Tampere Stadium
- B** Training Venue Pyynikki Athletics Field
- C** Training Venue Tampere Exhibition and Sports Centre

Team Hotels

1 Hotel Scandic Hämeenpuisto

- Distance to **A** 9 min
- Distance to **B** 14 min
- Distance to **C** 11 min

2 Holiday Inn Tampere - Central Station

- Distance to **A** 15 min
- Distance to **B** 14 min
- Distance to **C** 14 min

3 Varala Sports Institute

- Distance to **A** 10 min
- Distance to **B** 6 min
- Distance to **C** 17 min

4 Hotel Scandic Tampere City

- Distance to **A** 11 min
- Distance to **B** 13 min
- Distance to **C** 12 min

5 Courtyard by Marriott Tampere City

- Distance to **A** 14 min
- Distance to **B** 20 min
- Distance to **C** 10 min

6 Hotel Scandic Koskipuisto

- Distance to **A** 11 min
- Distance to **B** 12 min
- Distance to **C** 14 min

European Athletics Family Hotel

Original Sokos Hotel Ilves



Tampere-Pirkkala Airport (TMP) 20 min

Helsinki-Vantaa Airport (HEL) 2 hr

EUROPEAN
ATHLETICS

U20
CHAMPIONSHIPS

Tampere 2025

1 Team Area

2 Warm-up

3 Call Room

4 Mixed Zone

5 Kit Collection

6 TIC Entrance
(lower level)

7 Entrance to
the Stadium

Timetable Training & Warm-Up – Throwing Events

Tuesday 5.8.	Wednesday 6.8.	Thursday 7.8.
<p>10:00-12:00 M hammer training</p> <p>12:00-14:00 W discus training</p> <p>14:00-16:00 M discus training</p> <p>16:00-18:00 W javelin training</p>	<p>12:00-14:00 W hammer training</p>	<p>08:05-09:05 M hammer QA warm-up</p> <p>09:20-10:20 M hammer QB warm-up</p> <p>10:45-11:45 W discus QA warm-up</p> <p>12:00-13:00 W discus QB warm-up</p> <p>14:25-15:25 M discus QA warm-up</p> <p>15:45-16:45 M discus QB warm-up</p> <p>17:00-18:00 W javelin QA warm-up</p> <p>18:15-19:15 W javelin QB warm-up</p> <p>19:15-21:15 M javelin training</p>
Friday 8.8.	Saturday 9.8.	Sunday 10.8.
<p>10:30-11:30 W hammer QA warm-up</p> <p>11:45-12:45 W hammer QB warm-up</p> <p>13:50-14:50 M hammer final warm-up</p> <p>17:35-18:35 W discus final warm-up</p>	<p>07:35-08:35 M javelin QA warm-up</p> <p>08:50-09:50 M javelin QB warm-up</p> <p>10:35-11:35 W javelin Final warm-up</p> <p>15:15-16:15 M discus final warm-up</p> <p>17:05-18:05 W hammer final warm-up</p>	<p>16:35-17:35 M javelin final warm-up</p>