

EUROPEAN
ATHLETICS

OFF-ROAD
RUNNING
CHAMPIONSHIPS

Ljubljana-Kamnik 2026

presented by

I FEEL
SLOVENIA



TEAM

MANUAL

1. GENERAL INFORMATION

1.1 Host country Slovenia

Form of Government:	Parliamentary democratic republic
Location:	Central and Southern Europe; borders Italy, Austria, Hungary, and Croatia, and has a short coastline along the Adriatic Sea.
Area:	20,273 km ²
Population:	Around 2.1 million inhabitants
Climate:	Varied – Mediterranean along the coast, continental inland, and Alpine in the mountainous regions
Language:	Official language is Slovene
Religion:	Predominantly Roman Catholic, though the state is secular
Capital:	Ljubljana
Local Time:	Central European Time (CET) and Central European Summer Time (CEST) during daylight saving time
Electricity:	230 V, 50 Hz (standard plug type F)
Telephone Country Code:	+386
Mobile Phone Networks:	Main operators include Telekom Slovenije, A1 Slovenija and Telemach
Currency:	Euro (EUR)

1.2 Host city Kamnik

Kamnik is a lovely Alpine town surrounded by green hills and high peaks of the Kamnik Alps (2500 m above sea level; highest peak is Grintovec – 2558 m). It is only 23 kilometres away from Ljubljana, the capital of Slovenia, and no more than 15 kilometres away from the international Airport. Due to its central position one can quickly reach all other sights and attractions of Slovenia.

Kamnik is an ancient town of thousand faces, with a rich history and numerous cultural pearls, with beautiful surroundings of natural beauty and a varied tourist offer. In the Middle Ages, Kamnik was a flourishing trading town with its own mint. The town's wonderful architecture and sacral heritage, as well as the numerous myths and legends are a testament to its prosperous days. Kamnik is protected by Stari and Mali grad (Old and Small Castle on the surrounding rocky hills, and the church of St. Primus, famous for its fascinating Renaissance frescoes, on the slope of the nearby Velika planina). Kamnik is renowned by its visitors as a starting point for walking tours. The most beautiful part of the town is certainly the old historical centre with the characteristic narrow streets, adorned with medieval and Baroque houses. The main sights of the town are Zaprice Castle, which has been renewed to host a museum containing part of the private Sadnikar collection, the Franciscan monastery with a rich collection of old books and Plečnik's Chapel of the Holy Sepulchre. The Traditional National Costume Festival is an annual event that takes place during the second weekend of September and attracts the largest number of visitors.



The path by the banks of the river Kamniška Bistrica leads to the Volčji Potok Arboretum, where the visitors can stroll through the Baroque park with small lakes and plantations of various different flowers and more than 3000 species of trees and bushes from all over the world. The Arboretum Volčji Potok golf course is situated in a picturesque landscape in the midst of pine forest among ponds and other natural beauties. To the east of Kamnik lies Tuhinj Valley, where the Snovik thermal spa was founded on



the hot water spring. Going north from Kamnik, you will arrive to the Kamniška Bistrica Valley, where you can enjoy the beauty of its unspoiled nature and its soothing coolness in the hot summer months. Kamniška Bistrica attracts the visits of trekkers, hikers, climbers, hunters and fishers. It is the most popular starting point for visiting the mountains that surround the valley.

Of all the picks in the region, **Velika planina** is the most visited. A cable car takes you to the summit of the plateau, where you can experience the life of the local shepherds in the summertime and the

wonderful walks, while it is a popular ski destination in the winter.

2. TRANSPORTATION

2.1 Arrivals

2.1.1 Arrival by plane

The official airport, located 15 km from Kamnik, is Ljubljana Airport (www.lju-airport.si/en), where the LOC will provide adequate welcome services.

Upon arrival at Ljubljana Airport the teams will be met by the LOC at the Welcome Desk located in the arrivals area (after baggage reclaim and customs clearance).

Please report to the Welcome Desk or contact the LOC transportation department by phone (+386-31-421-248)

For any last-minute changes after the closing of the Final Entries please send updated travel details to the LOC transportation department via email spela.papez@gmail.com with copy to competition@european-athletics.org.

Transportation outside the official period¹ can be arranged upon previous agreement with the LOC and at the Member Federations' costs. For further details, please contact the LOC through: spela.papez@gmail.com.

2.1.2 Arrival by Road

Teams arriving by road are kindly asked to go to the Accreditation Centre (Šolska ulica 2, 1241 Kamnik), where representatives from the LOC will welcome them. There will be a special car and bus parking for them nearby. In case of any specific request regarding parking, please contact the LOC Transportation department by phone (+386-31-421-248) or email (spela.papez@gmail.com).

2.1.3 Entry visas

The following countries require visas to enter Slovenia:

Armenia – Azerbaijan – Kosovo² – Turkey.

It is the responsibility of the participating Member Federations to apply for visas in due time before leaving their country from the embassies or consulates of the Republic of Slovenia and ensure that all documents required for the application are complete. Incomplete applications slow down the process and may result in the visa not being issued in time.

Participants who require a visa should contact the LOC and send all relevant details (as listed below) by 3 May 2026 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 to the Republic of Slovenia may not be guaranteed.

Please contact:

Name: Marija Šestak

Mobile: +386 40 517 757

Email: marija.sestak@atletska-zveza.si

¹ Official period is starting on 3 June and ending on the evening of 7 June (with departures on 8 June)

² Holders of biometric passport can enter Slovenia without visa

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 6 months after the end of the competition).

2.1.4 Insurance

According to the European Athletics Competition 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 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 Hotel and the official venues, including ceremonies and social functions, will be guaranteed by the LOC shuttle service.

The transportation schedule between the Team Hotels and the competition venues will be posted on the notice boards at the Information desk in the Team Hotels.

For further information and details about the official functions see section 8. of this manual.

2.3 Departure

A transport 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 the 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 Hotels), at least 48 hours before departure.

Please contact the LOC Transportation department by phone (+386-31-421-248) or email (spela.papez@gmail.com) in case you need any support.

3. ACCREDITATION

3.1 General

Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible. Security personnel will control all areas. The accreditation is **not transferable** and does not allow the holder to take another person beyond checkpoints. The accreditation card remains European Athletics' property and can be withdrawn at any time.

Any lost or damaged accreditation cards should be reported to the Accreditation Centre. Duplicate cards can be obtained where proof of identity can be established at a charge of 150 EUR.

Unauthorised use of an accreditation card will result in the card being confiscated.

3.2 Procedure for minor athletes

All athletes who have not yet reached the age of 18 on the day of their arrival to Kamnik must sign and submit an official declaration and parental consent form to be eligible to participate at the European Athletics Off-Road Running Championships 2026. The form must be also signed by the athlete's parent/guardian and acknowledged by the representative of the respective Member Federation. The duly signed forms must be obtained, received, and stored by the concerned Member Federation and made available for European Athletics where requested. For any question related to the above procedures please contact European Athletics through email (competition@european-athletics.org).

3.3 Accreditation centre

The Accreditation Centre will be located in the Sports Hall Kamnik (Šolska ulica 2, 1241 Kamnik). This is where **all team leaders** shall report as soon as possible after their arrival, in order to carry out the administrative procedures.

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

Date	Opening hours
Wednesday, 3 June 2026	09:00 - 21:00 ³
Thursday, 4 June 2026	07:00 - 21:00 ³
Friday, 5 June 2026	07:00 - 21:00
Saturday, 6 June 2026	07:00 - 21:00
Sunday, 7 June 2026	07:00 - 19:00

In case of arrival outside of the above opening times, team members (including athletes and team officials) are kindly requested to collect their accreditation the next day.

3.4 Accreditation procedure

Accreditation cards will be prepared in advance, based on the information provided by the Member Federation through the European Athletics Entry System. No changes will be accepted after the final entries' deadline.

³ Opening hours may be extended based on the teams' scheduled arrival times

The Team Leader will be asked to complete the following formalities before all other team members can collect their accreditation cards:

- Accommodation invoice
- Check of athletes' passport (or a copy) for U20 age groups – if necessary
- Uniform check
- Collection of competition related forms and information (including bib numbers and special accreditation cards)
- Confirmation of the transportation details (Ceremonies, orientation visits, etc)
- Confirmation of the participation in the official functions including Opening Ceremony
- Confirmation of departure details

3.5 Access areas for teams

All team accreditation cards will allow access to the team areas, warm-up area, TIC, changing facilities and physiotherapy rooms. Only athletes who are about to compete will have access to the call room and to the course. Furthermore, the accreditation can be used to access the Team Shuttle Buses as well as lunch and dinner served in the finish line areas and team hotels.

Access to the Team Refreshment Stations will be controlled through a special pass distributed to the Team Leaders during the accreditation procedure.

The Head of Delegation (or the Team Leader if no Head of Delegation registered) from each team is invited to the VIP Hospitality area and will be given the necessary access zone on the accreditation card.

4. ACCOMMODATION

4.1 General information

The LOC has made accommodation arrangements for all team members in hotels of similar standard in the region of Kamnik.

The Team Hotels will officially open with full services on 3 June 2026. If members of your Federation are planning to arrive earlier, please contact the LOC (gregor.verbost@atletska-zveza.si) well in advance to make sure specific arrangements are made.

4.2 Official hotels

The official hotels for the European Athletics Off-Road Running Championships in Kamnik are indicated below with the internet address of their homepage where further details can be found:

Teams Hotels

Hotel name	Address	Website
Terme Snovik NaturHotel Snovik	Snovik 7, 1219 Laze v Tuhinju	www.terme-snovik.si
Terme Snovik Apartment Village	Snovik 7, 1219 Laze v Tuhinju	www.terme-snovik.si
One66 Hotel	Celovška cesta 166, 1000 Ljubljana	www.one66hotel.com
Radisson Blu Plaza	Bratislavská cesta 8, 1000 Ljubljana	www.radissonhotels.com
Garni hotel Jagodic	Vopovlje 10, 4207 Cerklje na Gorenjskem	www.hotel-jagodic.com
Pension & Gostilna Vodnik	Adergas 27, 4207 Cerklje	www.domacija-vodnik.si
Hotel Baron	Smlednik 5, 1216 Smlednik	www.hotel-baron.si
Hotel Ambinet	Aškerčeva 6a, 1230 Domžale	www.ambienthotel.si
Hotel / Gostišče Črnivec 902	Tirosek 73, 3342 Gornji grad	www.gtc902.com
Slovenia Eco Resort	Godič 44p, 1242 Stahovica	www.sloveniaeco resort.com

Team Hotel allocation will be made by the LOC based on the accommodation requirements indicated in the Final Entries and rooms available in the various hotels.

European Athletics Family and VIP Hotel

Hotel name	Address	Website
Radisson Blu Plaza	Bratislavská cesta 8, 1000 Ljubljana	www.radissonhotels.com
Hotel Harmonija Mengeš	Linhartova cesta 33, 1234 Mengeš	www.harmonija.eu
Pension Repnik	Vrhpolje 186, Kamnik	www.gostilna-repnik.si

4.3 Accommodation costs and European Athletics quota

4.3.1 European Athletics quota

According to Regulation 1110.4. European Athletics - unless otherwise agreed – may pay to the Member Federation a contribution to the costs of accommodation and board for each scoring (in-quota) athlete in each elite race for a maximum period of not more than 3 (three) days. The financial support will be provided to the teams that sent the Preliminary Entry on time (please see 5.3.3 for further information).

No contribution shall be made in respect of athletes representing the host European Athletics Member Federation.

4.3.2 Ratio of athletes & officials

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

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

Team Officials include: Head of Delegation, Team Leader(s), Coaches⁴, Medical Staff (medical doctors and physiotherapists), Team Press Liaison and others.

The teams may also purchase additional coach accreditation (without accommodation, catering and transportation but including accreditation with access to team areas). Those accreditations will be charged at the rate of 150 EUR for the duration of the Championships and directly incorporated to the invoice of the respective Member Federations.

4.3.3 Accommodation Costs

For all athletes within the European Athletics Quota (see point 4.3.1), European Athletics will pay to the Member Federation a contribution to the costs of accommodation and board, as stipulated in the European Athletics Competition Regulations (1110.4), for a period limited to the number of competition days plus two preceding nights.

Taking into account the above as well as the programme of the European Athletics Off-Road Running Championships, the official period was set for 3 – 7 June (5 nights).

This means that if your team is planning to stay in the team hotel outside the period of 3 to 7 June, the below rates will not apply, and a separate agreement will have to be made directly with the LOC (gregor.verbost@atletska-zveza.si) or respective hotel.

⁴ Coaches also include Personal Coaches

Please note that depending on the assigned hotel and the specific configuration of the hotels in Kamnik Region, the LOC may need to allocate a certain number of triple rooms and apartments (for max people, accommodated in two separate rooms sharing the same bathroom) to participating teams.

The following rates apply for team members. This includes full board accommodation.

Team Members	Single room	Twin room	Triple room
In-quota Athletes during competition period (competition day + 2 nights)	(N/A)	covered by LOC/EA	covered by LOC/EA
Accommodation cost	180 EUR per night	300 EUR per night	390 EUR per night

All prices include meals and all taxes.

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. Any single rooms above the 10% threshold will be charged at the rate of 180 EUR.

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 (e.g. twin room at 300 EUR/ triple room at 390 EUR) during the official period.

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.

4.3.4 Payment procedures

A proforma invoice was sent to each Federation detailing the amount they owe based on their preliminary entries. Federations were kindly encouraged to make an advance payment of at least 50%.

The remaining sum (= final entry sum – pre-payment) 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 Accreditation Centre, otherwise the balance of the payment must be paid on-site by the Team Leader.

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

Atletska zveza Slovenije
Letališka cesta 33c, 1122 Ljubljana
Name of the Bank: NLB d.d.
Address of the Bank: Trg republike 2, 1520 Ljubljana
IBAN: SI56 0208 5001 3244 939
SWIFT / BIC: LJBASIX

Please note that **payment on site will be possible only by credit card.**

4.4 Rooming list

Detailed information about athletes and officials' rooming lists will have to be entered by the Member Federations during the Final Entries process. Further amendments - after the closing of the Final entries - will have to be communicated to the LOC via email sent to gregor.verbost@atletska-zveza.si.

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 the blood and urine testing, will be confidentially treated and destroyed once it is no longer required for these purposes.

4.5 Meals

Meals will all be served in buffet style and a large selection of suitable food will be available taking into consideration special diets, religion, and culture of the participants.

Meals times shall be as follows:

- Breakfast 07:00 – 10:00
- Lunch 12:30 – 15:00
- Dinner 18:00 – 21:00

On the competition days of the trail and Up and Downhill races (on 6 and 7 June):

- Breakfast 06:00 – 09:00
- Lunch 12:30 – 15:30
- Dinner 18:30 – 21:30⁵

On competition days limited lunch service will be also available at the finish line area to conveniently service the athletes and team officials engaged with the given race. Non-competing athletes and officials not supporting athletes competing are kindly requested to take their lunch in the respective team hotel.

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

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

Accreditation cards will allow access to meals.

4.6 Services in the Team Hotels

4.6.1 Information Desks

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 Off-Road Running Championships in Kamnik. The Information Desk's opening hours will be as follows:

⁵ Dinner on 7 June will be served during the Pasta Party taking place at between 20:00 - 22:00 at Terme Snovik. For further details please refer to section 8.4.

Date	Opening hours
Wednesday, 3 June 2026	According to arrival times of the teams
Thursday, 4 June 2026	07:00– 21:00
Friday, 5 June 2026	07:00 – 21:00
Saturday, 6 June 2026	07:00 – 21:00
Sunday, 7 June 2026	07:00 – 21:00
Monday, 8 June 2026	07:00 - 12:00

4.6.2 Meeting room

A room for meeting opportunities is available at the Team Hotels. Reservations shall be made via the Information Desk ideally at least 24 hours in advance.

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

Teams requiring any additional service may make separate arrangements through the Information Desk.

4.6.3 Rooms for physiotherapy

A room dedicated for physiotherapy will be provided to the teams with medical staff to set-up their own massage beds.

If this is not possible due the specific configuration of the respective hotel, each team physiotherapist will be allocated with a room large enough to accommodate them and to set-up their massage bed.

4.6.4 Internet access

Free internet access will be provided at the Team Hotels.

4.6.5 Check-in / check-out times

Check-in is after 15:00 and check-out is until 11:00.

Please contact gregor.verbost@atletika-zveza.si for specific arrangements outside these times.

5. TECHNICAL INFORMATION

5.1 Communication with teams

5.1.1 Technical Information Centre (TIC)

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

A TIC will be operational in Kamnik Sports hall, close to the main competition venue (start and finish of Trail and Up and Downhill races) and at the finish line of the Senior Uphill Mountain races (Velika Planina) in line with the below opening hours.

TIC in Kamnik

Date	Opening hours
Thursday, 4 June 2026	10:00 – 21:00
Friday, 5 June 2026	06:00 – 21:00
Saturday, 6 June 2026	06:00 – 21:00
Sunday, 7 June 2026	08:00 – 16:00

TIC at Velika Planina

Date	Opening hours
Friday, 5 June 2026	09:30 – 13:00

Outside of the above indicated opening hours and in general, the teams are invited to use the functionalities of the Virtual TIC (see further information below).

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

- Display of official communications to the teams (e.g. start lists, results, Call Room times, etc.),
- Distribution of urgent notices to the delegations from the Technical Delegate and competition management,
- Settlement of technical enquiries from delegations,
- Receipt of withdrawal forms,
- Distribution of items confiscated at the Call Room,
- Managing additional doping control requests,
- Managing of immediate post race protests.

Competition related information and important notices of general interest (e.g. changes to the timetable) will be displayed on the notice boards and communication with the Teams on all available platforms.

Virtual TIC

Team Leaders will also be provided with an individual and personalised access to European Athletics Virtual TIC, where they will be able to:

- make their Final Confirmations,
- download information posted by the LOC / European Athletics (technical information, start box distribution, Call Room schedule ...),
- fill-in competition forms (question for Technical Meeting, technical enquiries to TIC, withdrawal forms, doping control request forms, etc...),

- submission of protests.

The platform will be accessible via a link to be communicated to the Teams at a later stage, together with a detailed user manual.

5.1.2 Technical Meeting

There will be dedicated **virtual** Technical Meetings organised for the **mountain** and **trail** races in order for the Team Leaders to receive updates and information which is not already mentioned in this team manual and will include:

- Information briefing by the Technical Delegate on matters not covered by the Team Manual
- Timetable amendments (if any)
- Starts procedures and race conduct (e.g. WA TR 6.3. - Assistance not allowed)
- Presentation of the competition and warm-up venues
- Information briefing by the Doping Control Delegate and Medical Delegate
- Answers to written questions

Race	Date and time of the VIRTUAL Technical Meeting
Mountain Races (all)	Thursday, 4 June 2026 16:00
Trail Race	Friday, 5 June 2026 17:00

Detailed instructions and links will be given to the teams shortly after the closing of the final entries.

Written Questions

Any enquiries concerning the technical conduct of the Championships must be made in writing (in English). These questions will be answered at the Technical Meeting. The forms on which the questions must be written shall be filled-in online in the Virtual TIC, latest by 10:00 on the day of the respective Technical Meeting.

5.1.3 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 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.).

5.2 Competition venue

5.2.1 The course

The courses of the European Athletics Off-Road Running Championships have been designed to take into account the respective and slightly different traditions of mountain and trail running and making sure they align to European Athletics competition regulations. Most importantly they are courses that both showcase the natural environment of Kamnik Region and fully respect the nature protection principles.

Underfoot all courses have a mix of rough four-wheel drive tracks, forest tracks, some single track but mostly wide enough for people to pass, often with a coating of pine needles on the floor, with some rocky and slightly loose terrain.

The distances and amounts of ascent/descent per race are as follows:

	Race	Distance	Ascent/descent
Uphill Mountain Race	U20 Women/Men	3,8 km	425m D+ / 20m D-
	Senior Women/Men	8,9 km	1280m D+ / 80m D-
Trail Race	Senior Women/Men	52 km	2450m D+ / 2450m D-
Up and Downhill Mountain Race	U20 Women/Men	5,7 km	325m D+ / 325m D-
	Senior Women/Men	13,1 km	825m D+ / 825m D-

The detailed maps and profiles of the courses are available in appendix of this manual.

Different checkpoints (with the electronic computer control and manual bib control) will be positioned throughout the courses to ensure all athletes run the whole distance. The records made at the checkpoints will be re-checked at the end of each race.

5.2.2 Inspection and orientation visits at the competition venues

A transport to go to venue inspections will be organised on the days before the races. To benefit from this transport service, please complete the transport reservation form during the accreditation process.

Transportation will be arranged to/from the following locations:

- to the start area of the Uphill Mountain races (U20 and Senior races),
- from the finish area of the Uphill Mountain races (using also chairlift & gondola to descent to the valley from where team shuttle buses will operate),
- to/from the start area of the Trail races and the refreshment stations at 29km and 36,6km
- to/from the start area of the Up and Downhill mountain races.

Details about transportation for the venue inspections will be displayed at the Information Desks in the Team Hotels.

Well-marked courses will be available for training from Monday (1 June 2026), and fully marked courses will be open for training the day before each race. Runners can also follow the courses using the GPS tracks that are available on the event website (www.offroadrunning2026.si/).

5.2.3 Team area

Reserved space for the Teams will be located near to the start area of each race.

For the Uphill Mountain races there will be no dedicated area allocated for each delegation, but instead the Teams are kindly requested to share the space available.

For the Trail and Up and Downhill races team areas will be available and allocated in Sports Hall Kamnik (Šolska ulica 2, 1241 Kamnik).

At the finish area of all races sufficient facilities will be available for the teams to collect their belongings left at the start area (call room) and get changed.

5.3 Entry regulations & final confirmations

5.3.1 Entry rules

Every European Athletics Member may enter 1 (one) team for each event.

Individual Entries

In accordance with European Athletics Regulation 1102.2.5., each European Athletics Member Federation may enter a maximum of 6 (six) athletes in each individual event, of which a maximum of 4 (four) may participate, in the following conditions:

- No athlete aged less than 16 (sixteen) years on 31 December of the year of the competition may participate in the U20 races.
- No athlete aged less than 18 (eighteen) years on 31 December of the year of the competition may participate in the Senior races.

All athletes must be able to present, if requested to do so by the Technical Delegate, an official document stating their date of birth.

5.3.2 “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.

5.3.3 Entry procedures

Entries shall be made through the European Athletics Entry System, accessible at: <https://evententry.worldathletics.org>. Member Federations' entries managers shall use their already known individual and personalised 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 not later than 14 (fourteen) days before the first competition day. According to the regulations the deadlines for the final entries are:

- Opening of the final entries: Friday, 1 May 2026
- Deadline for the final entries: Friday, 22 May 2026 (14:00 CET)

Detailed travel and rooming list information will have to be registered for each athlete and official during the final entries process.

Final Confirmation

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition according to the following schedule.

Race	Final confirmation deadline
Uphill Mountain Races	Thursday, 4 June 11:00
Trail Races	Friday, 5 June 11:00
Up and Downhill Mountain Races	Saturday, 6 June 11:00

Confirmation of athletes will not be accepted after the above deadline.

Final confirmations will have to be made online, via the Virtual TIC, which will be accessible at a link to be communicated to the Teams following the final entries (see point 5.1.1).

Withdrawals

Withdrawals after final confirmation, must be submitted, on the official Withdrawal Form via the Virtual TIC (see point 5.1.1).

6. COMPETITION PROCEDURE

6.1 General Timetable

Please refer to Appendix 3. for the competition timetable.

6.2 Competition Bibs

For individual events, each competitor will receive 3 bibs which have to be put as follows:

Mountain races:

- one on the front of the competition singlet (with name and country code)
- one on the back of the competition singlet (with number)
- one on the athlete's personal bag (with number)

Trail races:

- one (normal size) on the front of the competition singlet (with name and country code)
- one (small size) on the competition bag/camel bag/race jacket (with number)
- one (normal size) on the athlete's personal bag (with number)

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

6.3 Timing transponders

The **timing transponder** will be attached to the back of the front bib numbers provided to the athletes. These transponder bibs will be distributed during the accreditation procedure together with other bib numbers and the athletes remain responsible for the proper placement of the transponder bibs (front of the competition clothing). Athletes reporting to the call room without the transponder bib will not be allowed to compete.

Athletes competing in the **trail races** will receive an **additional GPS tracking transponder** during the call room procedure. This additional transponder shall be attached to the competition clothing or bag and shall be returned at the end of the race.

6.4 Competition clothing

Competitors must wear the Federation's official team clothing. World Athletics TR 5 will be strictly applied. Please make sure to follow the World Athletics Marketing and Advertising Regulations in force. Clothing and items not conforming to this rule and the current World Athletics Marketing and Advertising Regulations will be removed/taped at the Call Room. This applies to athletes' personal equipment as well (e.g. wind jackets, poles, camel bags, etc.).

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

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 by 22 May 2026, using the form 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.

Additional mandatory and authorised safety equipment (e.g. wind jackets, poles, camel bags, etc.) carried during the races are considered as athletes' personal equipment and do not necessarily have to be a team issue, however all items must follow the World Athletics Marketing and Advertising Regulations and will be inspected as athletes enter the call room.

The rule stipulating the compulsory wearing of the official competition clothing will be applied during the competition but also during the flower ceremonies, interviews at the Competition Venue and Medal Ceremonies.

6.4.1 Competition shoes

All the competition shoes must comply with World Athletics TR5, including the sole and/or heel. It is the athletes' responsibility to make sure that the shoes to be used for competition are in full compliance with the applicable World Athletics rule. In case of non compliance with the TR5, an athlete may be not allowed to compete or be disqualified after the competition with the result being void. The shoes, as a clothing items, will be checked at the Call Room in case of doubts or upon special requests.

6.4.2 Mandatory and authorised equipment

As per the competition regulations, the athletes competing in the **trail races** must carry with them during the whole duration of the competition the following **mandatory equipment**:

- Wind jacket or survival blanket (140 x 200 cm minimum),
- Whistle,
- Mobile phone (fully charged at time of entry to the call room),
- 0,5 litre minimum water container (bottle, soft flask or bladder).

Further to the above the following equipment are **authorised**⁶ for the athletes competing in the trail races:

- GPS watch,
- Poles.

The Technical Delegate of the Event could suggest additional mandatory or authorised (optional) equipment considering occurring bad weather scenarios or other risks.

A mandatory equipment check will be implemented during the Call Room reporting, while during the race additional checks may also occur. In this case, athletes are obliged to follow the referee's instructions.

Checks will be applied equally to all athletes. There will also be a random equipment check at the end of the concerned races.

⁶ Authorised equipment can be carried from the start or picked up only at the designated official aid station(s). If carried from the start they can only be left at designated official aid station (located at 14,5 and 36,6km). Otherwise, runners will have to carry them till the finish line.

6.5 Call Room

The Call Room for the given races will be located near the respective start area.

Access to the Call Room will be allowed to athletes only and according to the following reporting times:

Date	Call Room		Start	Event	START site
	opens	closes			
5 June 2026	9:30	9:45	10:00	Uphill Mountain race – Elite U20 men	Kisovec
	10:00	10:15	10:30	Uphill Mountain race – Elite U20 women	Kisovec
	10:00	10:15	10:30	Uphill Mountain race – Elite Senior men	Stahovica
	10:30	10:45	11:00	Uphill Mountain race – Elite Senior women	Stahovica
6 June 2026	8:05	8:30	09:00	Trail race – Elite Senior men & women	Kamnik
7 June 2026	8:30	8:45	09:00	Up and Downhill Mountain race – Elite U20 men	Kamnik
	9:15	9:30	09:45	Up and Downhill Mountain race – Elite U20 women	Kamnik
	10:00	10:15	10:30	Up and Downhill Mountain race – Elite Senior men	Kamnik
	11:45	12:00	12:15	Up and Downhill Mountain race – Elite Senior women	Kamnik

It is the responsibility of the team officials to ensure that their athletes are aware of the last check-in times for entry to the Call Room. Athletes arriving late may be excluded from participation in the event.

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

- Competition Bibs
- Shoes
- Uniforms
- Mandatory and authorised equipment and gear and GPS transponder for the trail race
- Any other kind of advertising

Athletes shall put any final clothing removed while in the call room in dedicated bags identified with the respective country code name (one for each Federation) and leave it in the call room. These will be transported by the LOC staff from the start to the post event area.

Note: in case of the Uphill Mountain races, the LOC will provide a special transportation service of basic clothing items which will be delivered to the finish area by the time of the arrival of the athletes. Team official should pack (max 4) bags from his team for one race into a plastic bag (provided by the LOC), signed with Country code, that teams will get at arrival. Such bag shall be handed over to the LOC latest by one hour before the start time, close to the start line.

On leaving the Call Room, athletes will be directed into the start area to prepare for the race. A warning signal will be given 3 minutes and 1 minute before the start of the race.

6.6 Specific event procedures

Competition Regulations are available at www.european-athletics.com.

6.6.1 Starting positions

The starting positions in mountain races will be allocated based on the respective team standings (scoring teams only) of the previous edition of the European Athletics Off-Road Running Championships.

Each team shall be lined up behind each other at the start of the respective race. All other teams will be positioned behind in alphabetical order.

For the trail races, the allocation of the starting positions will be made by the Technical Delegate following consideration of the athletes' achievements at previous international trail competitions.

The allocation of the starting positions will be announced at the Technical Meetings and uploaded to the "NEWS/Resource Centre" module of the Virtual TIC.

The Technical Delegate has the power to alter the above starting positions in special circumstances.

6.6.2 Starter commands

All instructions will be given in English. The command is "on your marks!" followed by a shot from the starter's gun.

6.6.3 False start

In the event of the false start, the starter will fire a second shot and officials will raise a tape across the course, 100 m from the start line.

6.6.4 Drinking and refreshment stations

Water and other suitable refreshments will be available at the start and finish area of all races, while the Drinking and Refreshment Stations will be positioned on the courses as follows:

U20 Uphill Mountain Races

- Drinking Station at 2,2km

Senior Uphill Mountain Races

- Drinking Stations at 3,2km and at 7,5km
- Refreshment Station at 5,8km (Kisovec)
- Team Refreshment Station the 5,8km (Kisovec)

U20 Up and Downhill Mountain Races

- Drinking Station at 2,1km

Senior Up and Downhill Mountain Races

- Drinking Stations at 2,1km and at 9km
- Refreshment Station at 5,7km (Stari grad)
- Team Refreshment at 5,7km (Stari grad)

Trail Races

- Drinking Stations at 9,2km, 12km, 22km, 29km and 42,2km
- Refreshment Station at 14,5km (Gradišče) and 36,6km (Črnivec)
- Team Refreshment Station at 14,5km (Gradišče) and 36,6km (Črnivec)

An athlete who receives or collects refreshment or water from a place other than the official stations (except where provided for medical reasons or under the direction of race officials) or takes the refreshment of another athlete or litters outside of the refreshment zone renders him/herself liable to disqualification by the Referee.

Both types of stations will be slightly off the shortest route. Signs indicating the up-coming Refreshment and Drinking Stations will be displayed 50m before the station.

Drinking Stations

Tables with natural water and Isotonic drinks (Enervit) will be installed at each Drinking Station.

Refreshment Stations

Tables at the Refreshment Stations with various items will be arranged as follows:

- tables with natural water and Isotonic drinks / Enervit
- tables with fresh and dried fruits

Both at the Drinking and Refreshment Stations the runners will pick up their bottles on their own.

Team Refreshment Station (Personal Refreshment Station)

A maximum of two Team Members or Team Officials per country will be allowed to be present at any one of the Team Refreshment Stations. However, when Men and Women compete together (e.g. trail races), a maximum of four Team Members or Team Officials per Federation will be allowed. Those Team Members or Team Officials must wear a special pass issued by the LOC, which can be collected during the accreditation procedure.

Procedures for Mountain Races

Team Members or Team Officials (maximum two per team) are authorised to place refreshments directly into the athletes' hands only from the designated and well-marked area located approximately 30m before the tables with beverages supplied by the LOC.

Procedures for Trail Races

Team Members or Team Officials are authorised to place refreshments directly into the athletes' hands from the designated place behind the team's table. According to the number of athletes competing by country, each team will have its own table which will be marked with the World Athletics country code. The tables are arranged in alphabetical order according to the three-letter country code.

For Athletes, who will not be accompanied by Team Members or Team Officials, the judge, who is responsible for the Refreshment Station, will place the bottles on the specific table. In order to execute this service, the personal refreshments must be handed over to the LOC (at the TIC located in Kamnik) latest by 18:00 on Friday, 5 June 2026 and the bottles with the personal refreshments must display the following information:

- Athletes' name
- Athletes' bib number
- Country Code
- Km mark of the refreshment station

Note: bottles distributed at the Team Refreshment Stations must duly comply with the World Athletics advertising regulations.

Transportation to the Team Refreshment Stations will be provided as follows:

- On 5 June 2026 (Uphill Senior Mountain races): this station is located close to the U20 start. Team officials can join the U20 runners to go the start area of the U20 race, from where team officials are kindly requested to walk to the Team Refreshment Station and later on to the finish

line of the races (at Velika Planina) along the course. Alternatively, a shuttle service will be available from the U20 start area to Kamnik after the last senior women athlete will pass the Team Refreshment Station.

- On 6 June 2026 (Trail races): buses will take team officials from Kamnik Indoor Hall to both Team Refreshment Stations:
 - To the lower cable car station, from where it is possible to go to the Uphill Mountain race finish (also trail race highest point and first Team Refreshment Station. Shuttle bus(es) will leave from the lower cable car station back to Kamnik city centre (start/finish area of the trail races) at 12:00.
 - To the Personal Refreshment Station at 36km (Črnivec). Shuttle buses will leave from the refreshment station back to Kamnik city centre (start/finish area of the trail races) once the last male and once the last female athlete has passed the station.
- On 7 June 2026 (Up and Downhill Mountain races): this station is located close to the race centre in Kamnik, therefore no dedicated bus transport will be arranged for the team officials. Team officials are kindly requested to take the normal shuttle buses from the team hotels to Kamnik Indoor Hall and later on to walk to the Team Refreshment Station (Stari Grad) and eventually back to the finish line and/or Kamnik Indoor Hall.

Team Leaders shall confirm during the accreditation process if they wish to use any of the above-mentioned services.

6.7 Timing & measurement

The official timing will be provided by Timing Ljubljana using transponder system.

6.8 Cut-off times

To secure the safe and efficient organisation of the trail races incorporated to the programme of the European Athletics Off-Road Running Championships, cut-off times have been established.

The location of cut-off marks and the cut-off times will be as follows:

Cut-off mark	Day Time	Race Time
29km – Drinking Station – Kranjski rak	13:00	4:00:00
36,6km – Refreshment station - Crnivec	14:00	5:00:00

To be authorised to continue the race, competitors must pass the set cut-off mark before the time limit set. Athletes who exceed the maximum time will be excluded from the competition, however, will be included to the results (in the position they were competing at the moment of exclusion), but without official time result and thus will not be considered for the calculation of the team results.

6.9 Scoring

Each race shall be scored separately. In all races, 3 (three) athletes shall score. The team results shall be decided by the aggregate of placing recorded by the scoring athletes of each team. The team with the lowest aggregate of placing points will be judged the winner.

If a team fails to finish with a complete scoring team, it will not be classified in the team result. The athletes finishing shall be counted as individuals in the race result and shall be eligible for the individual placing. No adjustment to the scoring placing of the finishing teams shall be made in respect of any non-scoring team runners or of individual entries.

6.10 Ties

In the event of a tie, it shall be resolved in favour of the team whose last scoring runner finishes nearest to the first place in accordance with European Athletics Regulation 1102.4.7.

If two or more athletes tie for a place in any event, the attributable points shall be divided equally between them.

6.11 Post competition procedures

After the competition, athletes leave immediately through the mixed zone.

In the mixed zone, all athletes meet the various media (TV, radio, written press, etc.) and it is for the athlete to decide whether he/she will give an interview.

In races where carrying certain equipment is made mandatory, a random gear check will be also conducted in the post event area.

The dedicated bags left in the call room will be brought back to the post event area. Please note that in case of Uphill Mountain races the bags left in the call room will not be delivered to the post event area by the time of the athletes' arrival (see also section. 6.5).

6.12 Protests

In accordance with European Athletics Regulation 1102.6.1. any protest shall be made orally to the relevant Referee by an athlete or someone acting on behalf of an athlete, during the event or immediately after the event. The decision of the Referee will be final, and no further appeals will be allowed.

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. Such person or team may protest only if they are competing in the same race to which the protest relates. To arrive at a fair decision, the Referee should consider any available evidence which they think necessary, including a film or picture produced by an official video recorder, or any other available video evidence.

Where the appropriate Referee is not accessible or available, the protest should be made to him 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 TIC information board).

7. MEDICAL SERVICES & DOPING CONTROLS

7.1 Medical services

The LOC 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 at the competition venue.

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

In case of emergency, please contact the nearest medical first aid station or call the 24/7 Medical Emergency number 112.

7.1.1 Main Medical Centre

The main medical centre serves the athletes, coaches, other team members as well as members of the competition organisation. The medical centre is located at Terme Snovik and will be operational in line with the following schedule:

Date	Opening hours
Thursday, 4 June 2026	14:00 – 20:00
Friday, 5 June 2026	14:00 – 20:00
Saturday, 6 June 2026	14:00 – 20:00
Sunday, 7 June 2026	14:00 – 20:00
Monday, 8 June 2026	14:00 – 20:00

During other hours the LOC medical department (dr. Vladimir Petrović, mobile: +386-70-776-676) shall be contacted by phone.

7.1.2 Medical Services in the Team Hotels

The medical services in the Team Hotel will be active on demand via LOC. Please contact emergency assistance number 112 or dr. Vladimir Petrović (mobile: +386-70-776-676) in case of need for medical assistance.

7.1.3 Medical Care at the Competition Sites

A medical tent will be active at all Competition sites for acute medical assistance. First aid teams (Red Cross marked, supervised by doctors), will be present at all drinking and refreshment station.

The local medical service will be responsible for any problem concerning an athletes' health both at competition sites and courses. In case of injuries, only the LOC physician will be admitted to the course. The respective physician will decide on the further treatment of the injured athlete.

Team doctors will have access to the medical service facilities when an athlete of their own team is hurt or needs other medical attention.

7.2 Physiotherapy services

7.2.1 Physiotherapy services in the team hotels

There will be some rooms available for physiotherapy use in the Team Hotel.

Teams without a physiotherapist may contact the LOC through dr. Nataša Kosec (mobile: +386-41-371-196) should any of their athletes would be in need for a medically justified physiotherapy treatment. Time and location of such treatment will be agreed on a case-by-case basis.

7.2.2 Physiotherapy services at the competition venue

There are well equipped physiotherapy facilities at the post event area in Kamnik. The physiotherapy service will be available for the athletes and will close one hour after the arrival of the last runner in each race⁷.

7.2.3 Import of Medication and Medical Equipment

For specific drugs, that might be brought into country and or on event venue, we recommend for all team doctors to have appropriate accompanying medical document, that will show eligibility for them to have such specific drugs in adequate quantities.

7.3 Doping controls

7.3.1 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 in the post event area. Athletes 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 the national Therapeutic Use Exemption system prior to attending the Championships.

⁷ Except the uphill mountain races. Athletes competing in these events and in need of physio services shall contact the LOC medical team (see section 7.2.1)

7.3.2 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.

7.3.3 Additional controls

Athletes requiring doping control (e.g. for ratification of performance) may request to be tested by filling in a "Doping Control Request Form" through the Virtual TIC. Once the form is submitted, the athlete and his/her representative can proceed directly to the Doping Control Station.

The cost of this control (including all relevant expenses such as sample collection, sample handling, analysis, etc.) is 292,60 EUR for a standard urine analysis and 500,00 EUR with an additional ESA analysis. The cost of the selected service shall not be paid on site, but an invoice will be issued to the respective Member Federation after the Championships instead. The invoice shall be paid by bank transfer as per the instructions and deadline indicated on the document.

8. CEREMONIES AND SOCIAL FUNCTIONS

8.1 Opening ceremony

The Opening Ceremony for the European Athletics Off-Road Running Championships will take place on Thursday, 4 June 2026 at 18:00 in Kamnik at the main square.

Participating teams are kindly requested to actively participate in the ceremony and the flags parade and will be asked to confirm the participation numbers at the time of accreditation.

Athletes must wear the official team clothing (competition singlet) for the ceremonies, and no other items shall be taken to the podium, such as flags, bags or other.

8.2 Medal Ceremonies

The medal ceremony for individuals and teams will take place at the venue as scheduled on the event programme (see General Timetable in appendix 3).

Individual and team medallists are kindly requested to report to the medal ceremony meeting point at least 15 minutes before the scheduled time of the respective Medal ceremony. The medal ceremony meeting points on Velika planina and in Kamnik will be close to the stage and marked accordingly.

Athletes must wear the official team clothing for the ceremonies, and no other items shall be taken to the podium, such as flags, bags or other.

8.3 Closing Ceremony

The closing ceremony of the European Athletics Off-Road Running Championships will take place on Sunday, 7 June 2026 at 15:00 in Kamnik at the main square. All team members are invited to attend the ceremony.

8.4 Pasta Party

There will be a Pasta Party for all participants with an accreditation on Sunday, 7 June 2026 between 20:00 - 22:00 at Terme Snovik. Kindly note that dinner will not be served at other Team Hotels, but teams are kindly invited to attend the Pasta Party at Terme Snovik. Transportation from/to all other Team Hotels will be provided accordingly.

9. RESEARCH STUDY

Athletes participating in the European Athletics Off-Road Running Championships 2026 are kindly invited to take part in a scientific research study conducted by the Faculty of Sport Sciences of the University of Castilla-La Mancha (Spain), in collaboration with European Athletics.

The purpose of the study is to characterise the profile of competitive European trail runners, including training practices, competition background, recovery strategies, professional support, injuries, and equipment use. The findings will contribute to improving scientific knowledge in trail and mountain running.



Participation involves completing an anonymous online questionnaire and is entirely voluntary. No personal identifying data are collected, and all information will be treated confidentially and used exclusively for academic and scientific purposes, in accordance with GDPR regulations. Completion time is approximately 30–35 minutes.

Access the questionnaire by scanning the QR code above or via this [link](#).

10. 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

If you have any question or concern about your safety or somebody else's safety during this event, please contact European Athletics Safeguarding Officer. If the concern relates to an imminent risk to someone's physical integrity or to an emergency for medical assistance, please contact immediately the LOC and/or the local authorities through the contacts provided in this Team Manual.

11. CONTACT DETAILS

For further details about the European Athletics Off-Road Running Championships in Kamnik please contact:

Local Organising Committee

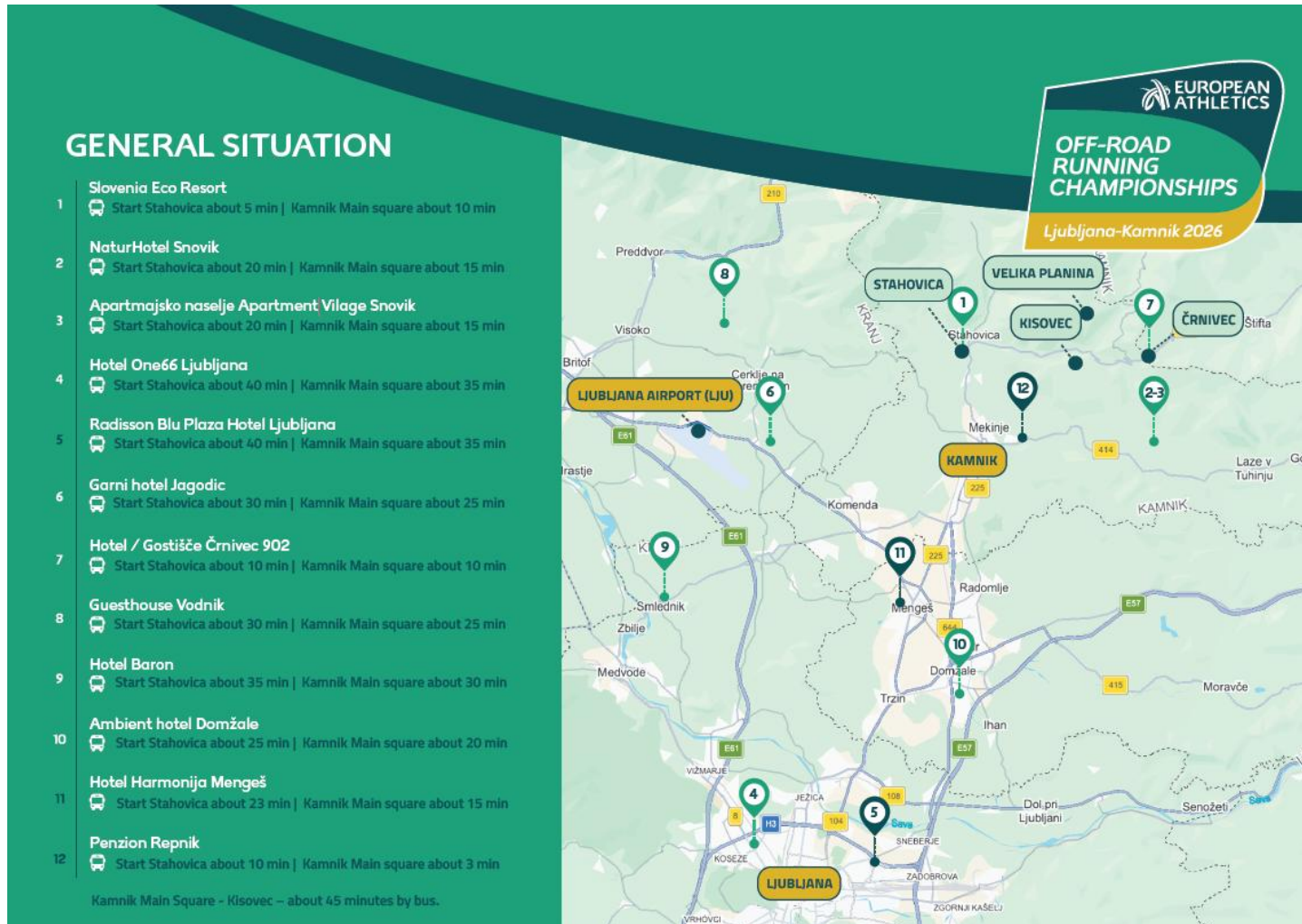
Slovenian Athletic Federation
Letalska cesta 33 C
1122 Ljubljana
Tel: +386 1 520 69 12
E-mail: info@atletska-zveza.si
Web: www.slovenska-atletika.si

European Athletics

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1003 Lausanne, Switzerland
Tel: +41 21 313 43 50
E-mail: competition@european-athletics.org
Web: <http://www.european-athletics.com>

12. APPENDICES

Appendix 1 – Maps of event venues



KAMNIK LOCAL SITUATION

Trail - Yellow + Red + Blue

Uphill U20 - Blue

Uphill Senior - Red + Blue

Up&Downhill - Green





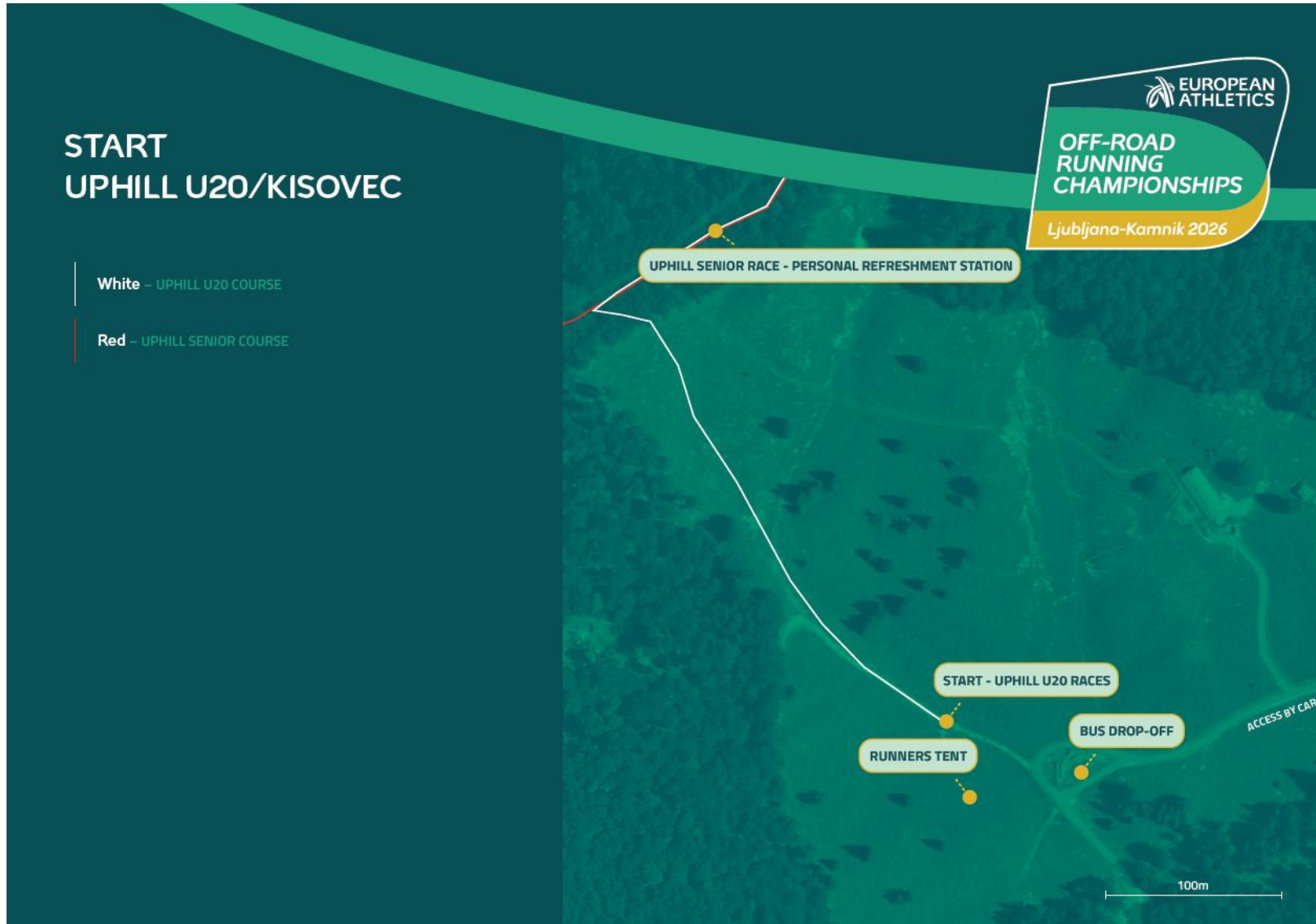


START UPHILL ELITE / VEGRAD

Yellow – TRAIL COURSE

Red – UPHILL SENIOR COURSE



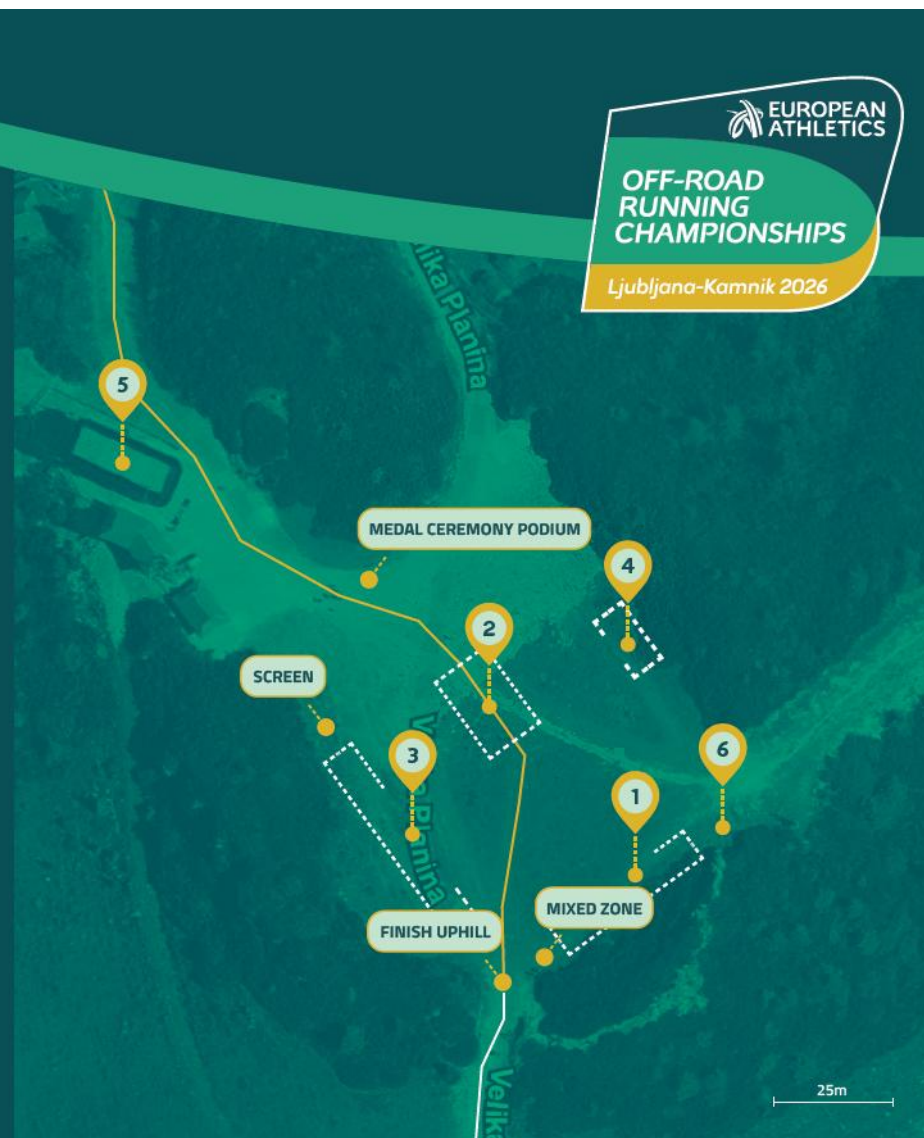


VELIKA PLANINA / GRADIŠČE
FRIDAY - UPHILL - FINISH
SATURDAY - TRAIL - TEAMS
REFRESHMENT STATION

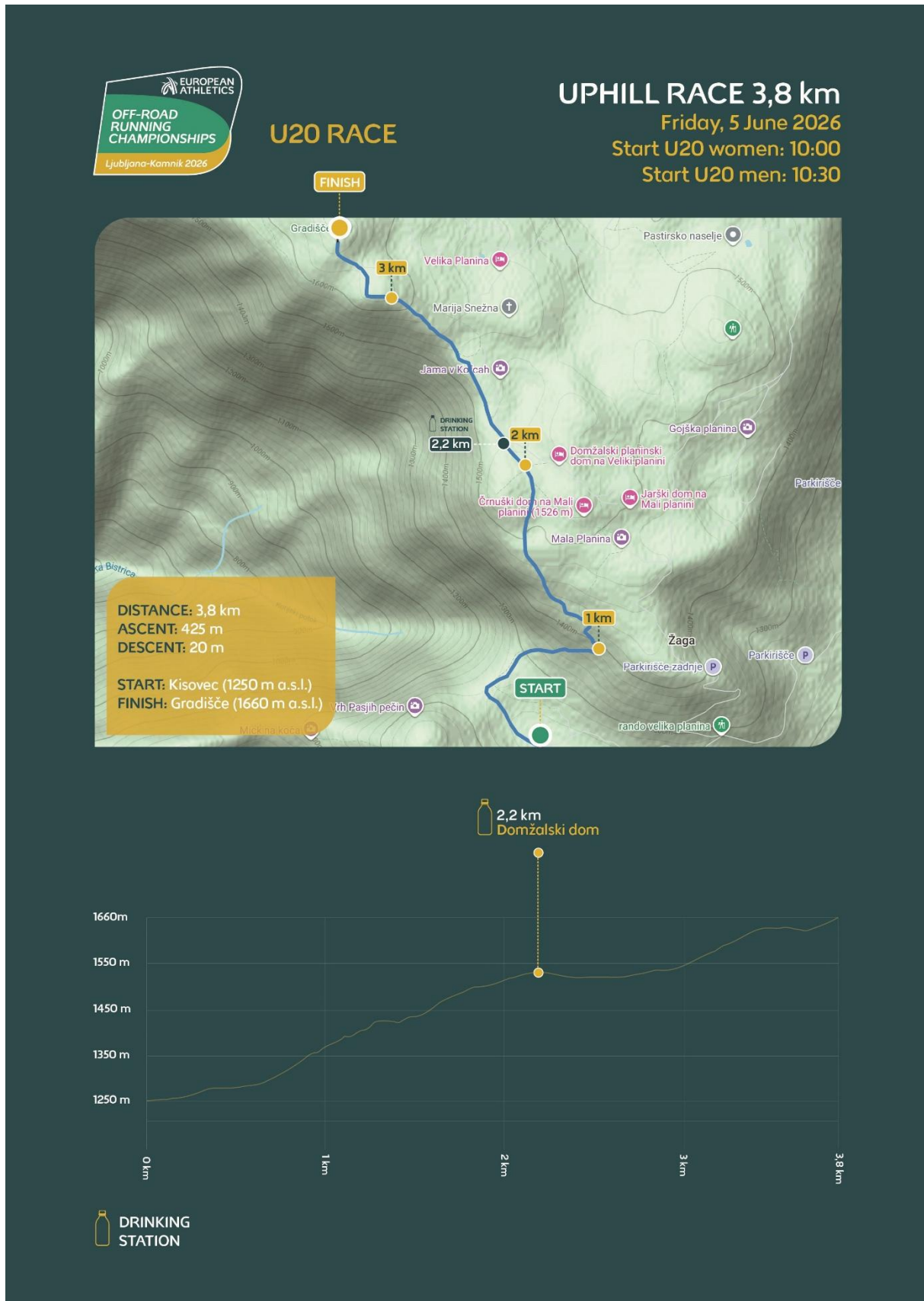
White – UPHILL COURSES FINISH

Yellow – TRAIL COURSE (SATURDAY)

- 1 Post Event Area (Friday)
(mixed-zone; first-aid; refreshments, luggage collection)
- 2 Lunch tent (Friday) / Teams' refreshment station (Saturday)
- 3 LOC services (Timing tent, technical tent, Press tent, VIP tent...)
- 4 Medical tent
- 5 Chair lift station
- 6 Toilettes



Appendix 2 – Map of the courses, loops and course profile





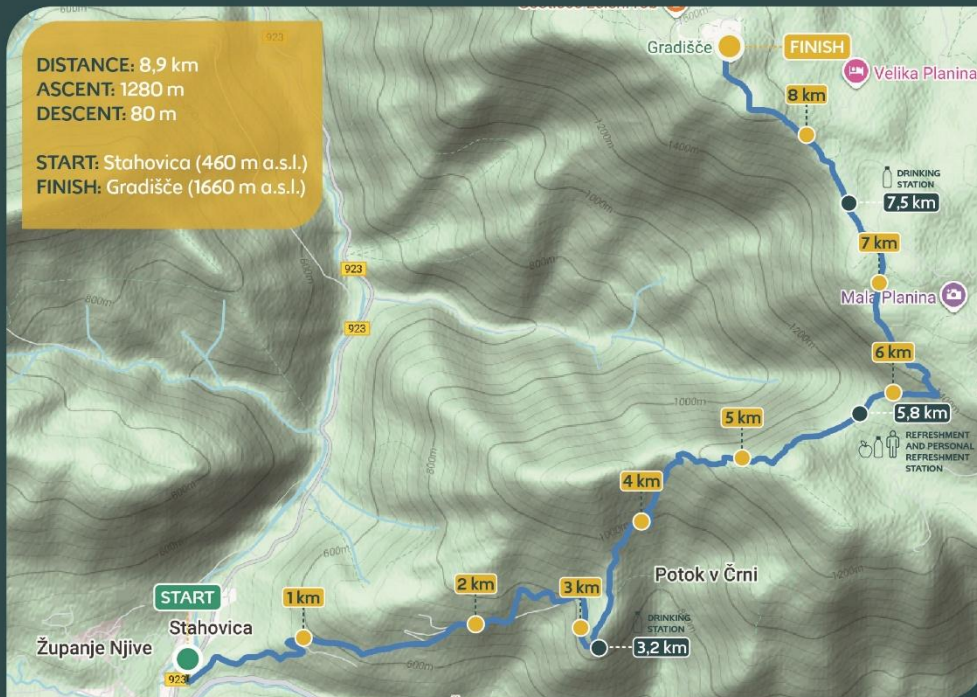
SENIOR RACE

UPHILL RACE 8,9 km

Friday, 5 June 2026

Start men: 10:30

Start women: 11:00



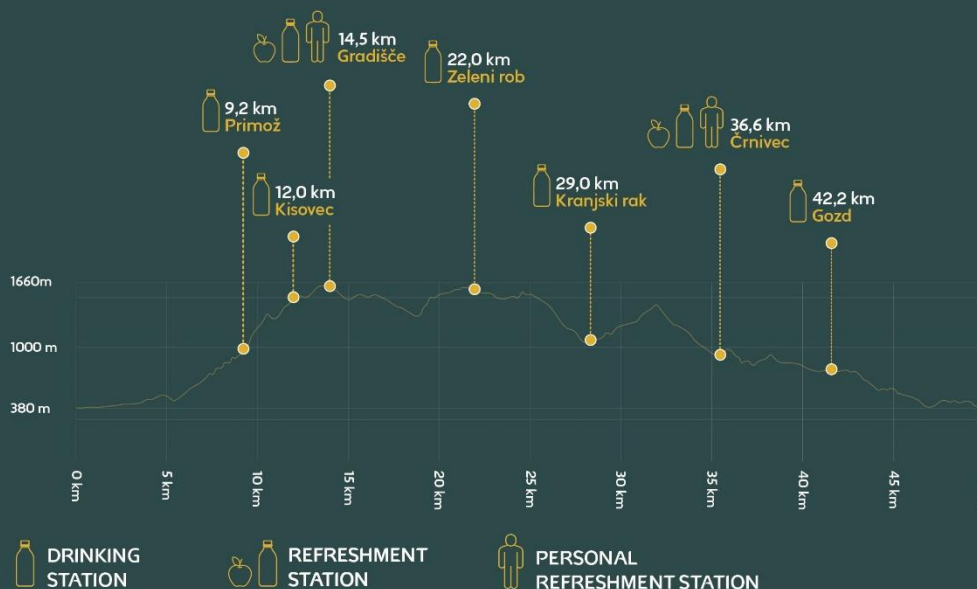
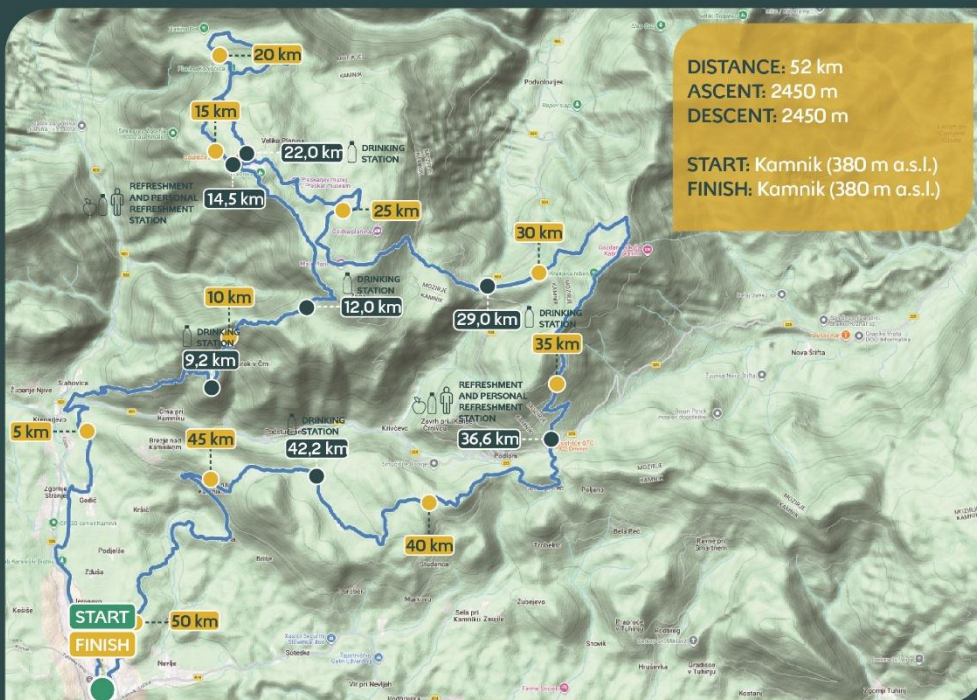
- DRINKING STATION
- REFRESHMENT STATION
- PERSONAL REFRESHMENT STATION



SENIOR RACE

TRAIL RACE 52 km

Saturday, 6 June 2026
Start men & women: 9:00





U20 RACE

UP & DOWN RACE 5,7 km

Sunday, 7 June 2026

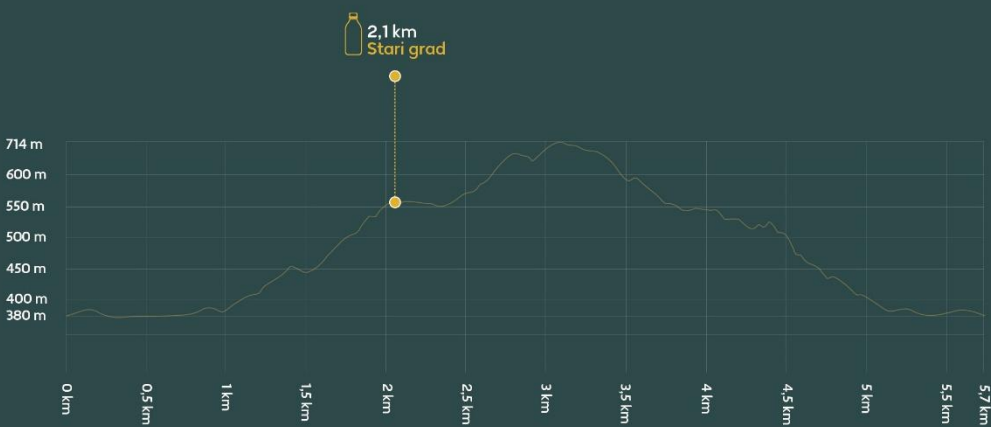
Start U20 men: 9:00

Start U20 women: 9:45



DISTANCE: 5,7 km
ASCENT: 325 m
DESCENT: 325 m

START: Kamnik (380 m a.s.l.)
FINISH: Kamnik (380 m a.s.l.)



DRINKING STATION



SENIOR RACE

UP & DOWN RACE 13,1 km

Sunday, 7 June 2026

Start men: 10:30

Start women: 12:15



Appendix 3 – General programme and key dates

Date	Time	Event	Place
4 June	All day	Course inspections	Courses
	10:00	Deadline for submitting written questions for the Virtual Technical Meeting of the Mountain Races	Virtual TIC
	11:00	Final Confirmation (for Uphill Mountain Races)	Virtual TIC
	16:00	Virtual Technical Meeting for Mountain Races	Online
	17:00	Press Conference	Kamnik
	18:00	Opening Ceremony	Kamnik – Main square
5 June	All day	Course inspections	Courses
	10:00	Deadline for submitting written questions for the Virtual Technical Meeting of the Trail Races	Virtual TIC
	10:00	Uphill Mountain Race – Elite U20 men (app. 3,8km)	Kisovec
	10:30	Uphill Mountain Race – Elite U20 women (app. 3,8km)	Kisovec
	10:30	Uphill Mountain Race – Elite Senior men (app. 8,9km)	Stahovica
	11:00	Uphill Mountain Race – Elite Senior women (app. 8,9km)	Stahovica
	11:00	Final Confirmation (for Trail Races)	Virtual TIC
	12:45	Medal Ceremonies (Uphill Mountain Races)	Velika Planina ⁸
	17:00	Virtual Technical Meeting for Trail Races	Online
18:00	Trail athletes (without support staff) to hand over personal refreshments to the LOC	TIC - Kamnik	
6 June	9:00	Trail Race – Elite Senior men & women (app. 52km)	Kamnik – Main square
	11:00	Final Confirmation for Up and Downhill Mountain Races	Virtual TIC
	13:00	Cut-off time – Trail Race	Kranjski rak (29km)
	14:00	Cut-off time – Trail Race	Crnivec (36,6km)
	16:00	Medal Ceremonies (Trail Races)	Kamnik – Main square
7 June	9:00	Up and Down Mountain Race – Elite U20 men (app. 5,7km)	Kamnik – Main square
	9:40	Up and Downhill Mountain Race – Elite U20 women (app. 5,7km)	Kamnik – Main square
	10:30	Up and Downhill Mountain Race – Elite Senior men (app. 13,1km)	Kamnik – Main square
	12:15	Up and Downhill Mountain Race – Elite Senior women (app. 13,1km)	Kamnik – Main square
	14:00	Medal Ceremonies (Up and Downhill Mountain Races)	Kamnik – Main square
	15:00	Closing Ceremony	Kamnik – Main square
20:00	Closing dinner and pasta party	Hotel Terme Snovik	

⁸ In case of bad weather conditions, the time and venue of the Medal Ceremonies may change.



OFFICIAL PARTNERS



HOST INSTITUTIONS



OFFICIAL SUPPLIER



PREFERRED SUPPLIERS

