



60th Balkan Cross Country Championships 60. Prvenstvo Balkana u krosu



Ćuprija/Serbia, November 05th, 2016

1. TECHNICAL INFORMATION / TEHNIČKE INFORMACIJE

Competition site

Competition will be held on the cross course near the bridge in Ćuprija. Plan of the course with additional facilities is given at the Appendix 2. The course is clearly marked with tape on both sides

Official Training

Official Training will be held on the competition site, on **Friday, November 4th 2016**, from 13.30 to 15.30.

Technical Information Centre (TIC)

Technical Information Centre (TIC) will be located aside the course and it will be open on Saturday, November 5th, from 09.00-15.00.

TIC is responsible for:

- Technical Information
- Distribution of start lists and results
- Receipt of Appeals from the teams
- Withdrawals and changes due to injury
- Official communication to the Delegations
- Recovery of items confiscated in the Call room

Transportation

For teams arriving in Serbia with plane, LOC will provide local transport from/to airport to Ćuprija, as well as for training and competition.

Bus schedule will be posted at the Hotel Infodesk.

To the teams arriving in Ćuprija with their own buses, LOC will provide gas, as they could be able to use their buses for local transfers also.

Teren za takmičenje

Kros se održava na Kros stazi u Ćupriji u blizini mosta. Plan staze i pomoćnih terena dat je u dodatku 2 ovog uputstva.

Staza je vidno obeležena zaštitnom mrežom i trakama.

Zvaničan trening

Trening će biti održan u petak, **04. novembra 2016**, na takmičarskoj KROS stazi od 13.30 do 15.30 časova.

Tehničko-informativni centar

Tehničko-informativni centar (TIC) će biti smešten na stazi i radiće u subotu, **05. novembra** od 09.00-15.00 časova.

U Tehničko-informativnom centru se:

- daju tehničke informacije
- distribuiraju startne liste i rezultati
- primaju žalbe za Vrhovnu sud. komisiju
- primaju otkazi i zahtevi za izmene u slučaju povrede
- vrši službena komunikacija sa ekipama
- vraćaju predmeti oduzeti u prijemnom centru

Transport

Za ekipe koje u Ćupriju dolaze avionom biće obezbeđen transport od aerodroma do hotela i nazad.

Ekipama koje u Ćupriju dolaze autobusima biće obezbeđena parking mesta u smeštajnim objektima.

Za sve ekipe biće obezbeđen lokalni transport od hotela do staze i nazad u tačno naznačenoj satnici (za trening i takmičenje). Raspored će se nalaziti u hotelima na infopultu. Ekipe koje dolaze na takmičenje svojim prevozom obezbediće se gorivo za lokalni transport (potrebne informacije kod koordinatora za transport, potvrde i sl.)

Technical meeting

The Technical Meeting will be held on **Friday, November 4th at 16.00 in the Restaurant "Stara Čaršija"**. The transportation from the meeting participants will be provided.

The ABAF Delegate will chair the Meeting and it will be conducted in English and Serbian.

The Technical Meeting will be attended by:

- The ABAF Delegate
- Representatives of the LOC
- Competition management
- Chief Referees
- 2 (two) representatives of each participating team

Agenda of the Technical Meeting:

- Opening address by the LOC Chairman
- Address of the ABAF Delegate
- Presentation of the Competition Officials
- Briefing by the ABAF Delegate on Technical information:
 - Competition regulations
 - Timetable
 - Call-room procedure and schedule
 - Scoring
 - Protests and appeals
 - Victory ceremonies
 - Presentation of compet. and warm-up sites
- Answer to the questions submitted by the teams
- Competition bibs distribution
- Confirmation of the entry lists

Gala dinner

Gala Dinner will be held at the Restaurant "Stara Čaršija" from 17:30 - after a Technical Meeting. Two representatives of the participating countries are invited

Tehnički sastanak

Tehnički sastanak će biti održan u **petak, 04. novembra u 16.00 časova u restoranu "Stara Čaršija"**. Za sve predstavnike biće obezbeđen lokalni prevoz.

Sastankom će predsedavati Delegat Asocijacije Balkanskih atletskih federacija. Jezici sastanka su engleski i srpski.

Tehničkom sastanku prisustvuju:

- Delegat ABAF-a
- Predstavnici Organizacionog komiteta i grada domaćina
- Rukovodstvo takmičenja
- Glavne sudije
- 2 /dva/ predstavnika ekipa učesnika

Teme Tehničkog sastanka:

- Pozdravni govor Predsednika Organizacionog odbora Prvenstva
- Obraćanje Delegata ABAF-a
- Predstavljanje službenih lica takmičenja
- Informacija Delegata ABAF-a po tehničkim pitanjima:
 - Propozicije takmičenja
 - Satnica takmičenja
 - Satnica i procedura prijemnog centra
 - Bodovanje
 - Protesti i žalbe
 - Proglašenje pobednika
 - Upoznavanje sa borilištima
- Odgovori na pitanja predstavnika ekipa
- Podela takmičarskih brojeva
- Potvrda liste učesnika

Svečana večera

Svečana večera će se održati u restoranu Stara Čaršija od 17:30 - nakon Tehničkog sastanka za po dva predstavnika država učesnica i članove Organizacionog odbora takmičenja.

2. COMPETITION REGULATIONS / PROPOZICIJE TAKMIČENJA

Team composition

Each participating team can enter 4 athletes per race (men and women), from which 3 best athletes shall be scored.

Only athletes aged from 16-19 years age may compete in junior races and from 20-22 in U23 races. No athletes younger than 16 years shall be accepted. There will not be "out of competition" races.

Sastav ekipa

Svaka nacionalna federacija može prijaviti najviše 4 takmičara (muškaraca i žena) po disciplini, a bodovaće se 3 najuspešnija takmičara.

Pravo učešća u juniorskim trkama imaju takmičari od 16-19 godina starosti.

Pravo učešća u mlađe seniorskim trkama imaju takmičari od 20-22 godine starosti.

Nastup van konkurencije nije dozvoljen.

Event programm

The competition will be conducted in 6 events:

- Junior W 4km
- Junior M 6 km
- U23 W 6km
- U23 M 8km
- Senior W 8km
- Senior M 10km

Scoring

Scoring will be conducted with so called "negative system". The team results shall be decided by the aggregate of placings of the best three athletes of each team. 1. place -1 point, 2. place – 2 points, 3. place – 3 points. The team with the lowest total points will be the winner. In case of a tie, it shall be resolved in favour of the team whose last scoring athlete finishes nearest to the place.

Entries

Final entries deadline **Monday, October 31st, 2016.**

Final confirmation and changes in the team composition can be made at Technical meeting.

Justified changes due to medical reason or other uncontrollable matter, 30 min. before the beginning of the respective event, will be possible, only if approved by the ABAF Delegate.

Discipline takmičenja

Takmičenje se održava u 6 kategorija i to:

- Juniorke 4km
- Juniori 6km
- Mlađe seniorke 6km
- Mlađi seniori 8km
- Seniorke 8km
- Seniori 10km

Bodovanje

Bodovanje se vrši takozvanim negativnim sistemom. U ekipnoj konkurenciji boduju se 3 najbolje plasirana takmičara/ke tako što 1. mesto donosi 1 bod; 2. mesto - 2 boda; 3. mesto - 3 boda i td. Pobjednik je ona ekipa koja sakupi najmanje bodova. U slučaju jednakog zbira bodova, bolja je ona ekipa koja ima bolje plasiranog trećeg takmičara/ku.

Prijave

Rok za definitivne prijave, najkasnije do **ponedeljka, 31. oktobra 2016.** godine.

Potvrda učešća i izmene u sastavu ekipa moguće je izvršiti na Tehničkom sastanku.

Opravdane izmene iz zdravstvenih razloga ili više sile, pred početka discipline, moguće su samo uz odobrenje Delegata ABAF-a.

3. COMPETITION PROCEDURE / ODVIJANJE TAKMIČENJA

General

The Balkan Cross Country Championships will be held strictly under the IAAF Competition Rules 2015-2016 and ABAF Competition Regulations.

Call-room procedure

Call-room is located beside the start zone (Appendix 2).

The athletes must report to the Call Room at the time given on the call-room timetable displayed in the hotels, TIC, warm-up area and given in the Appendix 1 of this instruction.

The following items will be checked in the Call Room:

- Clothing (Competition rule 143.1)
- Bags
- Bibs (Competition rule 143.7)

Athletes may only use sports gear approved by their National Federation.

Athletes are not allowed to take infield mobile phones, portable radios, headsets and

Opšte odredbe

Prvenstvo Balkana u krosu održava se prema Pravilima za takmičenje IAAF za 2015-2016. godinu i Propozicijama ABAF-a.

Postupak u prijemnom centru

Prijemni centar se nalazi u blizini zone starta (prilog br. 2).

Takmičari se moraju prijaviti u Prijemnom centru po satnici izloženoj u Hotelima i Domu učenika, Tehničko-informativnom centru, terenu za zagrevanje i datoj u prilogu 1 ovog uputstva.

U Prijemnom centru će biti pregledani:

- odeća takmičara (pravila za takm. 143.1)
- torbe takmičara
- startni brojevi takmičara (pravilo 143.7)

Takmičari smeju koristiti samo sportsku opremu odobrenu od strane njihove nacionalne federacije.

Takmičari ne smeju unositi na teren mobilne telefone i ostala sredstva komunikacije, niti

similar items nor wear clothing which contravenes the IAAF advertising rules. All such items will be confiscated and will be returned in TIC after the relevant event.

Coaches, team officials, physio-therapists and team physicians are not allowed into the Call Room.

Athletes may only leave the Call Room to enter the competition area. Once athletes enter the Call Room and until the end of the event they may only leave the Call Room or competition area with permission and accompanied by an official.

Entering the Call Room: 15 min. before the start of the event

BIB numbers

Each competitor receives 2 bib numbers. The numbers shall be pinned on the front and on the back side of the competition shirt. The competition numbers may not be cut, bent or covered in any way.

Competition clothing

The competitors must wear the National federation's official team clothing. The team dresses have to be uniformed. The clothing will be checked in the Call room before entering the competition.

Regarding advertising the organizer refers to the IAAF Rule 18 and the IAAF Advertising Rules and Regulations. Compliance with the rules will be controlled in the Call room and during the competition on the competition sites. Athletes may not enter the competition site wearing clothes and shoes not complying with the rules of IAAF.

Starter's commands

The starting commands are given in Serbian language.

“Na mesta!” (On your marks) - **shot**

Protests and appeals

Protests and appeals will be processed according the IAAF Competition Rule 146.

In the first instance, protests must be made orally to the Referee by the athlete himself or by a responsible official acting on his behalf. Protests concerning the result or conduct of an event must be made within 30 minutes of the official announcement of the result of that particular event (posted on the TIC information board).

Any written appeal to the Jury of Appeal

koristiti odeću, obuću i opremu koja je u suprotnosti sa pravilima oglašavanja IAAF-a. Sva takva oprema će biti privremeno oduzeta i vraćena takmičarima posle završene discipline u TIC-u.

Treneri, predstavnici ekipa i medicinsko osoblje ekipa nemaju pravo pristupa Prijemnom centru.

Takmičari mogu napustiti Prijemni centar jedino da bi izašli na borilište za početak discipline. Iz Prijemnog centra takmičari u pratnji službenog lica izlaze na borilište

Ulazak u Prijemni centar: 15 minuta pre početka discipline.

Takmičarski brojevi

Svaki takmičar dobija po dva startna broja, koje mora nositi sve vreme nastupa na prednjoj i zadnjoj strani svoje takmičarske majice.

Takmičarski brojevi ne smeju biti sečeni, savijani niti pokriveni tokom takmičenja.

Odeća i obuća takmičara

Tokom takmičenja takmičari moraju nositi službenu odeću i obuću svoje nacionalne federacije. Odeća takmičara ekipe mora biti jednoobrazna. Odeća takmičara biće kontrolisana u Prijemnom centru pre ulaska na borilišta.

U pogledu oglašavanja na odeći takmičara organizator upozorava na poštovanje člana 18 pravila IAAF kao i na odredbe IAAF priručnika za oglašavanje. Kontrola će biti vršena u prijemnom centru, kao i tokom takmičenja na borilištima. Takmičarima koji koriste opremu koja nije u skladu sa pravilima IAAF neće biti dozvoljen ulazak na borilišta.

Komande startera

Komande startera se daju na srpskom jeziku.

„Na mesta!“ – pucanj

Protesti i žalbe

Protesti i žalbe će biti razmatrani u skladu sa članom 146 Pravila IAAF.

U prvom stepenu protest podnosi usmeno Glavnom sudiji takmičar ili službeni predstavnik ekipe u njegovo ime. Protest koji se odnosi na rezultate ili odvijanje takmičenja se podnosi u roku od 30 minuta od službenog objavljivanja rezultata (računa se vreme isticanja službenih rezultata na oglasnoj tabli Tehničko-informativnog centra).

made in English or Serbian on an official form provided in TIC must be signed by a responsible official on behalf of the athlete and submitted to the TIC within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, a deposit of **EUR 100**, must be paid. If the appeal is upheld, deposit will be returned.

The Jury's decision will be provided in writing. A copy will be displayed on the Info board in TIC.

Results

All results will be displayed on the scoreboard, announced by the announcers in English and Serbian and posted at the info board in the TIC after each event.

Intermediate and unofficial time of the race will be shown on the infield electronic displays.

Official result lists will be published in English.

Victory ceremonies

The victory ceremonies will take place immediately after each event, according to the published competition time table.

After each event, the officials will escort the medal-winning competitors to the victory ceremony area. The winners in each event will be awarded with bronze, silver or gold medals.

During the medals awarding ceremonies athletes must wear the official uniforms of their team.

Victory ceremony for teams

Announcement of the team's winner will be carried out according to the published schedule, immediately after the end of the award ceremony for the individual winners.

Pismene žalbe Vrhovnoj sudijskoj komisiji, na engleskom ili srpskom jeziku, se podnose na službenom formularu koji se dobija u Tehničko-informativnom centru, u roku od 30 minuta od objavljivanja odluke Glavnog sudije po uloženom protestu.

Uz žalbu se prilaže i depozit od **100 EUR**. U slučaju usvajanja žalbe depozit se vraća podnosiocu.

Odluka Vrhovne sudijske komisije će biti saopštena pismeno i objavljena na oglasnoj tabli Tehničko-informativnog centra.

Rezultati takmičenja

Službeni rezultati disciplina biće, objavljeni od strane spikera na engleskom i srpskom jeziku, i istaknuti na oglasnoj tabli u Tehničko-informativnom centru.

Službeni rezultati takmičenja će biti štampani na engleskom jeziku.

Proglašenje pobednika

Ceremonija proglašenja pobednika održava se tokom takmičenja, a u skladu sa objavljenom satnicom.

Po završetku discipline tri prvoplasirana takmičara-ke su obavezni da se, uz pratnju službenih lica, jave u protokol za proglašenje pobednika. Atletičarima će biti svečano uručene zlatna, srebrna i bronzana medalja.

Tokom ceremonija proglašenja pobednika, takmičari moraju nositi službenu odeću svoje ekipe.

Ekipno proglašenje

Proglašenje ekipnih pobednika obaviće se skladu sa objavljenom satnicom, odmah posle završetka Ceremonije proglašenja pobednika u trkama.

4. MEDICAL SERVICES / ZDRAVSTVENA SLUŽBA

An ambulance with a medical team will be on standby near the course, during training and competition.

Medical service in the Hotels will be also provided.

Each participating team is responsible for the health ability for the competition, for all their team members.

Ambulantna kola sa ekipom lekara i tehničara biće locirana na prostoru staze za sve vreme treninga i takmičenja. Medicinska služba će biti obezbeđena i u hotelima.

Svaka ekipa učesnica, odgovara za zdravstvenu sposobnost za takmičenje, svih članova ekipe.

5. OPENING AND CLOSING CEREMONIES / *CEREMONIJE OTVARANJA I ZATVARANJA TAKMIČENJA*

Opening Ceremony will take at the competition site, according to the given time table.

Team Leaders will be informed about Opening Ceremony by their Team Attachés or through Info desk at the Hotel.

Team members will not take part in the Opening ceremony.

Closing Ceremony will also be held on the course, after the competition.

Ceremonija otvaranja takmičenja obaviće se na svečanoj bini.

Sve informacije u vezi ceremonije otvaranja takmičenja, rukovodioci ekipa, dobiće od svojih atašea ili na informativnom pultu.

U ceremoniji otvaranja takmičenja ne učestvuju predstavnici ekipa.

Ceremonija zatvaranja takmičenja obaviće se po završetku takmičenja.

6. SECURITY / OBEZBEĐENJE

The Security staff and the local Police will take care of security during the competition.

O sigurnosti tokom takmičenja brine se služba obezbeđenja i gradska policija.

7. INSURANCE / OSIGURANJE

The participating teams are responsible for taking out their own insurance to cover illness or injury to any member of their team, while traveling to and from the Balkan Cross Country Championships and during the event itself.

Timovi učesnici su dužni da obezbede sopstveno osiguranje za slučaj bolesti ili povrede svojih članova tokom putovanja na takmičenje i tokom trajanja Prvenstva Balkana u krosu.

8. APPENDIXES / PRILOZI

Appendix / *Prilog 1*

Competition and Call room timetable /

Satnica takmičenja i satnica prijavljivanja u prijemni centar

Appendix / *Prilog 2*

Map of cross-country trails in Cuprija and other facilities/

Mapa Staze u Čupriji i pomoćnih objekata

60th Balkan Cross Country Championships



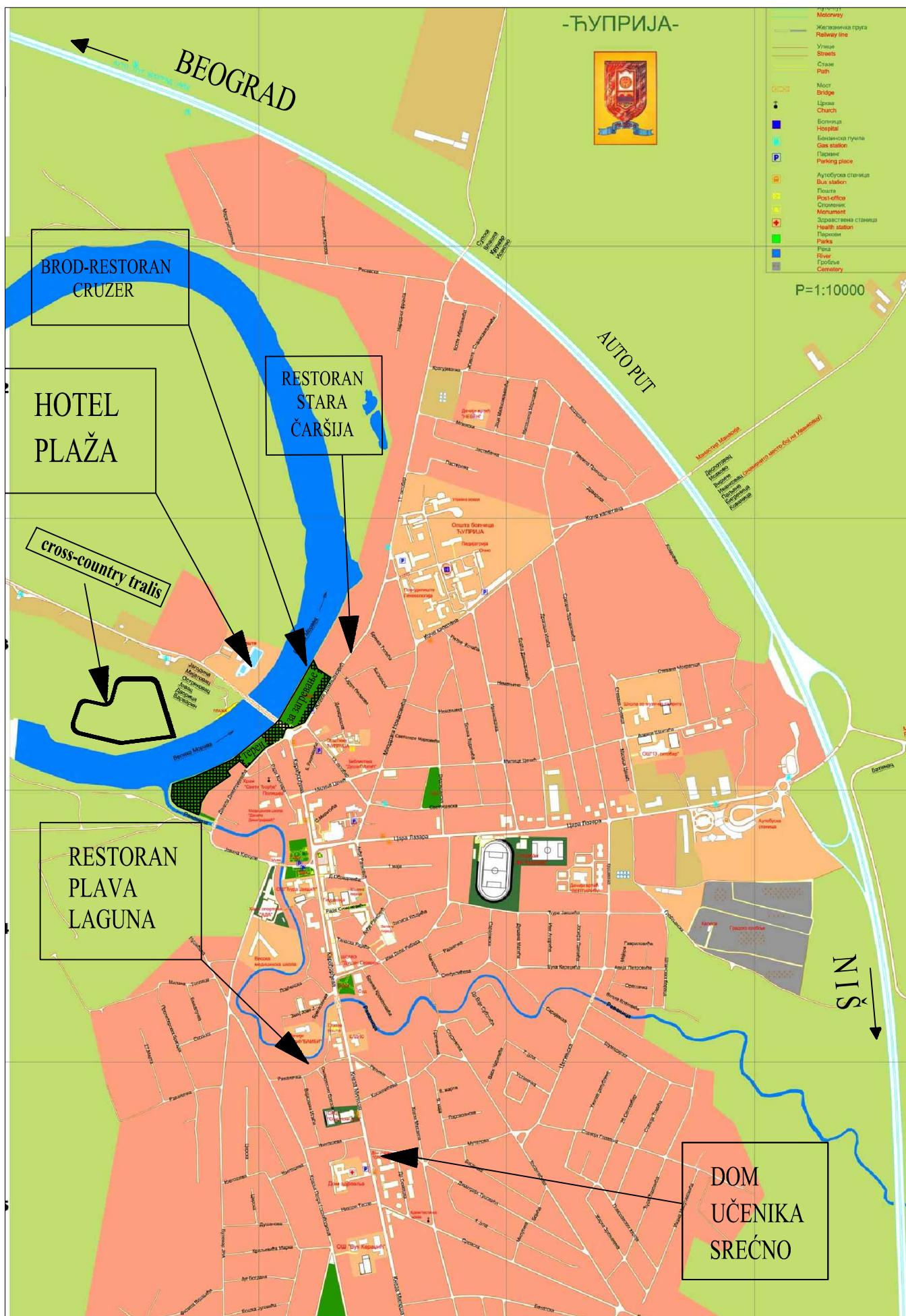
Prvenstvo Balkana u krosu

Ćuprija /Serbia, 05.11.2016.



Call room time	Start time	TIME TABLE SATNICATAKMIČENJA	
	11.00	OPENING CEREMONY / <i>otvaranje takmičenja</i>	
11.15	11.30	4km	JUNIOR WOMEN / <i>juniorke</i>
11.40	11.55	6km	JUNIOR MEN / <i>juniori</i>
	12.00	Victory ceremony <i>proglašenje pobednika</i>	JUNIOR WOMEN / <i>juniorke</i>
	12.05	Victory ceremony for teams <i>proglašenje ekipa</i>	JUNIOR WOMEN / <i>juniorke</i>
12.10	12.25	6km	WOMEN U23 / <i>mlađe seniorke</i>
	12.30	Victory ceremony <i>proglašenje pobednika</i>	JUNIOR MEN / <i>juniori</i>
	12.35	Victory ceremony for teams <i>proglašenje ekipa</i>	JUNIOR MEN / <i>juniori</i>
12.40	12.55	8km	MEN U23 / <i>mlađi seniori</i>
	13.00	Victory ceremony <i>proglašenje pobednika</i>	WOMEN U23 / <i>mlađe seniorke</i>
	13.05	Victory ceremony for teams <i>proglašenje ekipa</i>	WOMEN U23 / <i>mlađe seniorke</i>
13.10	13.25	8km	SENIOR WOMEN / <i>seniorke</i>
	13.30	Victory ceremony <i>proglašenje pobednika</i>	MEN U23 / <i>mlađi seniori</i>
	13.35	Victory ceremony for teams <i>proglašenje ekipa</i>	MEN U23 / <i>mlađi seniori</i>
13.50	14.05	10km	SENIOR MEN / <i>seniori</i>
	14.10	Victory ceremony <i>proglašenje pobednika</i>	SENIOR WOMEN / <i>seniorke</i>
	14.15	Victory ceremony for teams <i>proglašenje pobednika</i>	SENIOR WOMEN / <i>seniorke</i>
	15.00	Victory ceremony <i>proglašenje pobednika</i>	SENIOR MEN / <i>seniori</i>
	15.05	Victory ceremony for teams <i>proglašenje ekipa</i>	SENIOR MEN / <i>seniori</i>





-ЋУПРИЈА-



- Моторна пута
- Железничка пруга
- Релска линија
- Улица
- Слика
- Пута
- Мост
- Бриџ
- Црква
- Church
- Болница
- Hospital
- Бензинска пумпа
- Gas station
- Паркинг
- Parking place
- Аутобусна станица
- Bus station
- Пошта
- Post office
- Споменик
- Monument
- Здравствена станица
- Health station
- Парк
- Park
- Рија
- River
- Гробље
- Cemetery

P=1:10000

AUTOPUT

NIS

BROD-RESTORAN
CRUZER

HOTEL
PLAŽA

RESTORAN
STARA
ČARŠIJA

cross-country trails

RESTORAN
PLAVA
LAGUNA

DOM
UČENIKA
SREĆNO



60th Balkan Cross Country Championships
Prvenstvo Balkana u krosu
Čuprija /Serbia, 12.03.2016.



ABAF Delegate / <i>Delegat ABAF</i>	Predrag Momirović +381 64 861 88 44
Competition Director / <i>Direktor takmičenja</i>	Dragan Zdravković +381 65 212 63 48
Vice Competition Director / <i>Zamenik direktora takmičenja</i>	Ivica Možek +381 64 881 60 75
Travel, accommodation, hospitality / <i>Rukovodilac službe smeštaja i transporta</i>	Nemanja Ilić +381 65 861 88 54
Technical Manager / <i>Tehnički rukovodilac</i>	Goran Begović +381 64 881 60 66 Nenad Vojčevski
Head of Secretariat / <i>Rukovodilac sekretarijata</i>	Marko Ristov +381 60 142 82 41
Technical Information center - TIC / <i>Rukovodilac tehničko-informativnog centra</i>	Dragana Nestorović +381 65 22 28 174
Call room referee / <i>Rukovodilac prijemnog centra</i>	Ljubiša Gajić +381 66 819 8300
Head of Judging team / <i>Rukovodilac sudijskog tima</i>	Miodrag Tanasijević +381 66 819 83 11
Victory Ceremony Procedure / <i>Rukovodilac ceremonijala</i>	Dragan Zarić +381 65 259 47 20
Medical / <i>Rukovodilac lekarske službe</i>	Dr. Olivera Stanković
Press / <i>Rukovodilac press službe</i>	Olja Stojanović
Volunteers / <i>Rukovodilac volontersko-kurirske službe</i>	Snežana Jovanović
Security / <i>Rukovodilac službe obezbeđenja</i>	Jugoslav Petronijević
Announcers / <i>Spikeri</i>	Radosav Simić Saša Kokalj