

The 18th ASIAN JUNIOR ATHLETICS CHAMPIONSHIPS

7th to 10th June, 2018

Gifu, Japan

Team Manual

(As of 2nd May, 2018)



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1. General

1.1 Organization

◆ IAAF

President : Lord Sebastian Coe

Address : 6 Quai Antoine 1er BP359 - MC 98007 Monaco

TEL : (377) 92 05 70 68

FAX : (377) 92 05 70 69

Web : <https://www.iaaf.org/home>

◆ AAA

President : General Dahlan Al Hamad

Seretary Treasurer : Maurice R. Nicolas

Address : 26 Windsor Park Road, District N574132, SINGAPORE

TEL : +65 6 286 5506

FAX : +65 6 286 2432

Web : <http://athleticsasia.org/>

Mail : asianathletics@gmail.com

◆ JAAF

President : Hiroshi YOKOKAWA

Senior Managing Director : Mitsugi Ogata

General Seretary : Akira Kazama

Address : Odakyu Daiichi-Seimei Bldg. 17F, 2-7-1 Nishi-Shinjuku Shinjuku-ku
Tokyo 165-0023

TEL : 03-5321-6580

FAX : 03-5321-6591

Web : <http://www.jaaf.or.jp>

Mail : jpn@mf.iaaf.org

◆ Co-Organizer Gifu Prefecture

◆ Co-Organizer Gifu Athletics Association

1.2 AAA Council Members & AAA Delegates

【Council Members】

PRESIDENT

General Dahlan Al Hamad (QAT)

SENIOR VICE PRESIDENT

Du Zhaocai (CHN)

VICE PRESIDENTS

Eng. Suhail Q. Al-Zawawi (KSA)

Alexey Kondrat (KAZ)

Dr. Lalit K. Bhanot (IND)

Dr. Talib F. Al-Saffar (IRQ)

Philip Ella Juico (PHI)

SECRETARY TREASURER	Maurice R. Nicholas (SGP)
INDIVIDUAL MEMBERS	Saad Al-Hiyasat (JOR) Mohammad Jumah (KUW) Karim Ibrahim (MAS) Maj. Gen. Muhammad Akram Sahi (PAK) Maj. Gen. Palitha P. Fernando (SRI) Ching Cheng Wang (TPE) Nasser Sultan A.S.Al-Maamari (UAE) Hoan Manh Cuong (VIE)
WOMEN MEMBERS	Mala Sakonhninhom (LAO) Rugaya Mansoor Al-Ghasara (BRN)
LEGAL ADVISER	Loh Lin Kok (SIN)

[AAA Delegates)

ORGANISATIONAL DELEGATE	MAURICE R. NICHOLAS (SGP)
TECHNICAL DELEGATES	VADIM NIGMATOV (TJK) ABDUL HAKEEM AL-AMERI (QAT)
MEDICAL/ANTI-DOPING DELEGATE	Dr. ARUN K MENDIRATTA (IND)
JURY MEMBERS	Gen. SURAPONG ARIYAMONGKOL (THA) MUHAMMAD JUMAH (KUW) HOANG MANH CUONG (VIE)
INTERNATIONAL TECHNICAL OFFICIALS (ITO)	YANG FENG (CHN) C K VALSON (IND) KOO BON-CHIL (KOR) HO WENG HONG (MAC) ONG KEK HEANG (MAS) AHMED MUNTHAQIM (MDV) JESUS TUBOG (PHI) WONG TIEN CHOY (SGP)
INTERNATIONAL RACE WALKING JUDGES (IRWJ)	YANG SHANDE (CHN) S. SARDJITO (INA) DUK-HO CHO (KOR) S. GOVINDARAJU (SGP) CHANG PING SHAN (TPE) VISUIT CHANDOONG (THA)
INTERNATIONAL PHOTO FINISH JUDGE	NONGLUX PORNSIRISUTHANONT (THA)
INTERNATIONAL STARTER	LIU HANG CHIU (HKG)

AAA SECRETARIAT

Regina Ang Bee Lee (SGP)

A. Shuggumarran (SGP)

Rahul Pawar (IND)

1.3 Local Organizing Committee

◇LOC Members (Chairpersons)

Executive Committee

Mitsugi OGATA

Competition Management Division

Kazuhiro SUZUKI

Operation Division

Yasuhiro OSHIMA

Accommodation & Transportation Division

Masaharu KUBOCHI

Medical Division

Dr. Fumihiro YAMASAWA

Finance Division

Kyoji KOTEGAWA

Volunteer Division

Atsushi OKAWA

Publication & Media Division

Masaya TAKAHASHI

◇LOC Office

Gifu Prefecture, Department of General Planning, Sports Promotion Division

Asian Junior Athletics Championships Promotion Office

1.4 Schedule

June 5	Tue.		Arrival of Teams	
June 5	Tue.	18:00	Deadline for submitting Questions for the Technial Meeting	Hotel CID
June 6	Wed.	10:00	Technical Meeting	Miyako Hotel
June 6	Wed.	11:30	Stadium Tour	Nagaragawa Sta.
June 6	Wed.	14:00~16:00	Practice with Official Starter	Nagaragawa Sta.
June 7	Thu	19:00 (tbc)	AAA Dinner (by invitation only)	Miyako Hotel
June 7	Thu	14:30	Opening Ceremony (14:00 Pre-Event)	Nagaragawa Sta.
June 10	Sun.	18:00	Final Banquet / Closing Ceremony	Miyako Hotel
June 11	Mon.		Departure of Teams	

1.5 Information about Japan

1.5.1 Local Time

Japan is 9 hours ahead of the Grennwich Mean Time (GMT).

1.5.2 Currency: Japanese currency is Yen (¥).

Notes : ¥1,000; ¥2,000; ¥5,000; ¥10,000

Coins : ¥1; ¥5; ¥10; ¥50; ¥100; ¥500



Currency exchange services are available at the airport and banks (Please check the opening hours, but banks are open on weekdays from 9am to 3pm).

1.5.3 Tipping

Not required in Japan.

1.5.4 Drinking water

Tap water is safe to drink in Japan.

1.5.5 Electricity

The voltage used throughout Japan is 100 volts. There are 2 kinds of frequencies in use, 50 hertz in eastern Japan and 60 hertz in western Japan including Gifu. A convertible type of electrical appliance or a step-down transformer is required to convert the voltage.

2-flat-pin plugs are used in Japan, so it is recommended to prepare a plug adapter on your own.



1.5.6 Tax

8% sales tax is levied on all goods and services purchased in Japan. However, tax-free purchases can be made for some goods in shops displaying the duty-free sign.

1.5.7 Climate

The weather in Gifu is normally quite hot and humid in June. The average temperature in the past 5 years is 23.5 °C, the average lowest temperature is 19.4 °C. It is a rainy season, and in the past, we had average rainfall of 234mm for June.

1.6 Information about Gifu Prefecture

Gifu Prefecture is located in the central region of Japan, and Gifu City is approximately 400 km from Tokyo and 40 km from Nagoya.

Gifu has many beautiful and attractive sightseeing spots including UNESCO World Heritage Site Shirakawa-go and Takayama Historic District.

For details, please visit: <http://travel.kankou-gifu.jp/en/about-gifu/>



2. Team Service and Accreditation

2.1 Arrival

2.1.1 Immigration

Chubu International Airport (NGO) is the main gateway to the Championships, and the LOC will arrange for transportation to hotels. This airport is well served by flights from many countries, and in cases where there are no direct flights, the teams would find it more convenient to plan their journeys to Chubu International Airport via an international airport in one of many other Asian cities. Member Federations should NOT plan their arrival at any other airports in Japan such as Haneda Tokyo Airport (HND), Narita Airport (NRT), or Kansai International Airport (KIX) as the LOC will NOT make any pick-up arrangements.

2.1.2 Visa Information

Japan is very strict about its visa procedures, and it can take some time to obtain one. The LOC can send out invitation letter and supporting documents only after the receipt of Final Entry Forms. Teams should return their requests for visa invitation letters to the LOC as early as possible but not after the Final Entry deadline. In order to help the LOC prepare the letters smoothly, the Final Entry should be filled accurately such as passport name, date of birth, flight schedule etc, with copies of passports of all the members of the Team.

When you receive the visa application documents, applications should be taken to your nearest Japanese Consulate or Embassy immediately.

For details, please check the website of the Ministry of Foreign Affairs.

http://www.mofa.go.jp/about/emb_cons/over/index.html

2.1.3 Customs Regulations

Japan has strict customs regulations, and certain products need advance approvals and/or certificates. Special attention should be given to some commodities including medicine, medical equipments and appliances. For details, please check the website below.

<http://www.customs.go.jp/english/index.html>

2.1.4 Welcome Service at the Airport

The LOC will extend you a warm welcome at Chubu International Airport, with staffs holding the Championships' signboard. Transportation from the airport to the Hotels will be provided.

2.1.5 Volunteer

There will be no team attaches, however, volunteers will be assigned at hotels, stadium, airport and other necessary places to assist you.

2.1.6 Mobile Phones

There might be cases that you are unable to use your local mobile phone in Japan. We recommend you to check with your local mobile company for use. Sim cards are sold only in limited places in Japan so we recommend you to check and prepare yourself beforehand.

2.2 Accreditation

Accreditaion card will be prepared for security reason, and you are requested to wear the AD card at all times. **AD cards will be issued upon arrival at the Hotel, but only when all the payments for the extra accommodation costs of the team have been settled. In order to receive the AD cards and hotel keys, the team leader must settle all extra costs, and there will be NO exception to this rule.**

For access to some areas, special passes are needed together with personal accreditation and this will be explained at the Technical Meeting. 2 TIC passes will be given to each team.

2.3 Accommodation

2.3.1 Headquarters Hotel for AAA Officials

Gifu MIYAKO Hotel <http://www.miyakohotels.ne.jp/gifu/>

2.3.2 Athletes' Hotel

After we close the final entry, we will assign each team to one of the following hotels.

1. Gifu MIYAKO Hotel <http://www.miyakohotels.ne.jp/gifu/>
2. Gifu Grand Hotel <https://www.gifugrandhotel.co.jp/>
3. Hotel KOYO <http://www.hotel-koyo.jp/>
4. Ogaki Forum Hotel <http://www.forumhotel.co.jp/>
5. Hotel Resol Gifu <https://www.resol-gifu.com/>
6. Daiwa Roynet Gifu <http://www.daiwaroynet.jp/gifu/>

2.3.3. Accommodation Payments

For each team, full-board accommodation (double/twin room or triple room with 3 meals) for officials and athletes within the number of quota will be paid by the LOC during the specified period. The official period will be for arrival on June 5 (Tue) and departure on June 11 (Mon). **Accommodation costs for officials and athletes outside of quota, for single room occupancy, and for stays outside the above specified periods, are at the chargee of each Member Federation.** A team leader will be accommodated in a single room except in special circumstances where number of single rooms are restricted. Other team officials will be accommodated on twin-sharing basis. For additional persons

or extra days, please refer to the following for the charges per person including 3 meals per day.

Please note that the Accommodation Invoice for Teams will be based on the information submitted on the Final Entry Forms. When your federation receives the invoice, you are requested to settle the amount by credit card by informing us of your credit card information or by making remittance to the bank account. The account details for wiring the cost will be attached to the invoice. **NO cancellation of rooms will be accepted after May 15, and it will be subject to 100% cancellation charge. Cancellation of rooms within the Quota is liable to 100% cancellation charge as well, and each MF must pay the cost.**

■ Additional cost for all Hotels are as follows:

Single Room including 3 meals	USD 220/person
Twin or Triple Room including 3 meals	USD 200/person

■ Check in/out time for all Hotels

Check in time is 14:00, and check out time is 11:00.

If you need to use the rooms before the check-in time or after the check-out time, you must contact the LOC at aj2018@jaaf.or.jp in advance to make reservation for extra hours at your own cost.

2.3.4 Meals

Restaurants will be set up at each hotels, and will be admitted to these restaurants by presenting AD cards. (In some hotels, meal vouchers will be distributed to each team) The opening hours for the restaurants will be adjusted in accordance with competition schedule and will be posted at the CID of each hotel.

In consideration of religious and cultural dietary prohibitions and differing individual nutritional policies, meals will be served in buffet style, and menu cards displaying main ingredients will be provided for each menu.

2.3.5 Internet

Internet access will be available at the Stadium's Team Area and in all hotel rooms free of charge.

2.3.6 Meeting Room

A reservation for a Meeting Room can be arranged at the CID, but the cost must be borne by each team. Availability of the room depends on the situation of the hotel, and is not always guaranteed.

2.3.7 Religious Services

There is no religious service room available in the hotel, however chapels, temples, and mosques located in the city will be referred upon request.

2.4 Transportation

Transportation between Chubu International Airport and each hotels will be provided. During the Championships, shuttle bus services will be provided between each hotels and the Stadium. However, Miyako Hotel is located in a walking from the Stadium, so no buses will be provided. The bus schedule will be displayed at the CID of each hotel. AD card will be required to use the bus services.

3. Competition Information

3.1 Competition Management

JAAF shall be responsible for the organization and management of the athletics competition under the guidance of AAA. The athletics competition shall be held in accordance with the current IAAF Rules. In case of disagreement over the interpretation of the Rules, the English text shall prevail. Any unforeseen incidents not covered by the Rules shall be resolved by Technical Delegates in accordance with the AAA Constitution and the Rules of the IAAF.

3.2 Technical Officials

This Championships shall be conducted by JAAF accredited Technical Officials. The AAA shall appoint 8 Technical Officials (ITO) for the management of this athletics competition.

3.3 Dates

The 18th Asian Junior Athletics Championships shall take place from June 7 to 10, 2018.

3.4 Competition Venue

The venue is Gifu Nagaragawa Stadium. The stadium has IAAF Class 2 Certificate with a nine-lane synthetic track.

3.5 Competition Events

There are 44 events, including 22 men's and 22 women's events.

The events are as follows:

EVENTS FOR MEN (22)	EVENTS FOR WOMEN (22)
<ul style="list-style-type: none"> ❖ Track Events: 11 <ul style="list-style-type: none"> 100m 200m 400m 800m 1500m 5000m 10000m 110m Hurdles 400m Hurdles 3000m Steeplechase 10000m Walk ❖ Jumping Events: 4 <ul style="list-style-type: none"> High Jump Pole Vault Long Jump Triple Jump ❖ Throwing Events: 4 <ul style="list-style-type: none"> Shot Put Discus Throw Hammer Throw Javelin Throw ❖ Team Events:2 <ul style="list-style-type: none"> 4x100m Relay 4x400m Relay ❖ Combined Events:1 <ul style="list-style-type: none"> Decathlon 	<ul style="list-style-type: none"> ❖ Track Events: 11 <ul style="list-style-type: none"> 100m 200m 400m 800m 1500m 3000m 5000m 100m Hurdles 400m Hurdles 3000m Steeplechase 10000m Walk ❖ Jumping Events: 4 <ul style="list-style-type: none"> High Jump Pole Vault Long Jump Triple Jump ❖ Throwing Events:4 <ul style="list-style-type: none"> Shot Put Discus Throw Hammer Throw Javelin Throw ❖ Team Events:2 <ul style="list-style-type: none"> 4x100m Relay 4x400m Relay ❖ Combined Events:1 <ul style="list-style-type: none"> Heptathlon

3.6 The Competition Schedule

The competition schedule is attached in the Appendix.

However, this schedule is subject to change depending on the final number of participating athletes. Updated competition schedule will be delivered at the Technical Meeting on June 6 from 10:00. Final competition schedule is to be confirmed each day by Technical Delegates after final confirmation.

3.7 Eligibility

3.7.1 Eligibility

Only competitors whose countries and regions are members of the AAA and complying with the Constitution and Rules of the AAA are entitled to participate.

3.7.2 Individual events

Each AAA Member Federation may enter 2 competitors for each individual event. However, the Host Country may enter three (3) competitors for each individual event.

3.7.3 Relay events

Each team may enter maximum of 6 athletes for each relay event. Any four athletes from among those entered for the competition, whether for that relay or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.

3.8 Entries

3.8.1 Preliminary Entry and Final Entry

The deadline for sending the Preliminary Entry Form was March 6, 2018 , and the Final Entry Form was by April 23, 2018. After the final entry deadline, there shall be no additions or changes of events between the athletes already entered.

3.8.2 Final confirmation form

Official representatives of each team must submit final confirmation of athletes entries at the Technical Meeting to be held on June 6 (Wed) at 10:00 for the first day events, and subsequently by not later than 9:00 am on the day prior to the 2nd, 3rd, and 4th day of the competition. Final confirmation forms can be submitted all together at once ie for all competition days, or for one day at a time as above at the Hotel CID or Stadium TIC. The composition and order of a relay team must be officially declared at Stadium TIC no later than 1 hour before the published Call Time.

3.8.3 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 Rule 113), shall be excluded from participation in all further events in the competition, including Relays (see IAAF Rule 142.4).

3.8.4 Withdrawals

Withdrawals after Final Confirmation have to be submitted on the official Withdrawal Form to the TIC. If the athlete is entered in another discipline (including relays) of the Championships, the reason for the withdrawal has to be specified in detail, confirmed by the Medical Delegate, being its acceptance the responsibility of the Technical Delegates based on the IAAF Rules.

3.9 Stadium Tour

The tour of the stadium will be conducted for the team representatives on June 6 from 11:30 after the Technical Meeting. The venue of the Technical Meeting (Miyako Hotel) and the stadium is in a walking distance.

3.10 Starter's Session

Practice session with the starters will take place on June 6 from 14:00 to 16:00 at the Stadium.

3.11 Technical Meeting

Technical Meeting will be held on June 6 from 10:00 at the Headquarters Hotel (Miyako Hotel). A maximum of 2 official representatives from each team may attend. All questions and proposals concerning the Championships must be made beforehand on the form provided. This form must be returned to the Hotel CID by no later than 18:00 on June 5. Technical Delegates will answer only questions submitted in advance. The starting heights and the raising of the bar in the high jump and pole vault, including for men's decathlon and women's heptathlon, will be decided by the Technical Delegates and announced at the Technical Meeting.

3.12 Athletes' bibs

The bibs will be distributed at the Technical Meeting. Each athlete will receive 2 bibs with safety pins. For jumping events, only one bib may be worn on either the chest or the back. Athletes taking part in the track events will also be given 2 adhesive hip numbers in the Call Room. Athletes taking part in the relay events will wear the bib on their back and the country code on their chest. Bibs with country codes will be distributed at the Technical Meeting. Bibs must not be folded or cut in any way.

3.13 Team uniform

Each team must present their team's uniform (running singlet / pants) in all its variations to CID to be photographed. Competitors are required to wear the registered uniform, and it must conform to the IAAF Competition Rules and Advertising Regulations. Only the officially registered team uniform will be approved for use when competing in the competition. Medal ceremonies are considered as part of the competition.

IAAF Rule 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations in force. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed/taped at the Call Room.

3.14 Spikes

The spikes on the shoes will be checked at the Roll Call. If they do not comply with IAAF rules, the athletes will be asked to change them to the correct size. Please refer to IAAF Rule 143.4 for details.

3.15 TIC (Stadium) / CID (Hotel)

Information for each teams will be available at the Technical Information Center(TIC) located at the Stadium and/or at the Competition Information Desk(CID) located at each Hotel. 2 TIC Passes will be given to each team to have access of the Stadium's TIC.

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

【TIC – stadium】

Opening Hours:	June 5	9:00 – 17:00
	June 6	9:00 – 17:00
	June 7 to 10	2 hours before the start of competition to 1 hour after the competition

- Main Functions:
- Display on the relevant notice board of official communications to teams including Start Lists, Results and Call Room reporting times.
 - Protests and Appeals
 - Answers to general competition questions
 - Request for doping control tests
 - Acceptance of Personal Implements
 - Receipt of Final Confirmations
 - Distribution and acceptance of Withdrawal Request Form
 - Distribution and acceptance of Relay Order
 - Distribution of urgent notices to the delegations from the Technical Delegates and competition management. It is the Team Leader's duty to collect this kind of information in due time.
 - Distribution of Special Passes the day before the respective event such as Combined Events Rest Zone Passes.
 - Distribution of items confiscated at the Call Room

【CID- each Hotel】

Opening Hours: June 5 8:00 – 20:00
 June 6 8:00 – 20:00
 June 7 to 10 8:00 – 20:00

Main Functions: - Display on the relevant notice board of official communications to the teams including Start Lists and Results
- Distribution of information and answering of queries related to accommodation, meals, transport and the Championships in general
- Receipt of Final Confirmations
- Receipt of written questions for the Technical Meeting
(deadline: June 5, 18:00)

3.16 Medal Ceremony

3.16.1 Medal Ceremony

Medal Ceremonies will be held, if possible, after the completion of each event. However, for some events, athletes will be notified to report the next day at an assigned time for the ceremony. Participants must wear their official team uniform.

3.16.2 National Flag and Anthem

Each team will be asked to confirm the national flag and anthem upon arrival.

3.16.3 Medal and Diploma

At the medal ceremony, medals for the first to third place winners of individual events and relay events will be awarded. Diplomas for the 1st to 8th places participants will be delivered to the team before departure.

3.16.4 Opening Ceremony

Opening ceremony will be held from 14:30 on June 7. We request all members of the team to take part. Details will be announced at the Technical meeting. There will be a pre-opening event from 14:00 for spectators.

3.16.5 Final Banquet & Closing Ceremony

Final Banquet is scheduled from 18:00 on June 10 at Miyako Hotel. Closing ceremony will be conducted during this Final Banquet. All participants are invited to join the Final Banquet, and dinner will not be served at each hotel on June 10. Please check the transportation schedule at the CID.

3.17 Implements

All implements and equipment, which the LOC provides for the competition, training and warm up conforms to IAAF rules. The list of throwing implements is attached.

Personal implements shall also be allowed, provided that:

- they have IAAF certification
- they are not on the LOC's Official Implement list
- they have been presented to the TIC by 15:00 on the day prior to the competition
- they are made available to all the other competitors until the end of the final
- they are in good conditions and the brand is easily recognized

Personal implements will be returned at TIC 30 minutes after the conclusion of the final event.

Vaulting Poles will be transported from the Airport to the Stadium by the LOC. Vaulting Poles must be labeled with stickers, which will be provided by the LOC, bearing the athletes' name, gender, country, and departure schedule. All vaulting poles will be stored at the Stadium's Equipment Room. In case of training, the athlete him/herself must go to the Equipment Room to get the poles. On the competition day, poles may not be used in the warm up area and will be transported from the warm-up area to the competition site by officials. After the closing of the Championships, poles will be transported to the airport by LOC.

3.18 Markers

Athletes are not allowed to use their own markers. For field events, competitors are required to use the markers provided by the LOC. These will be available at the event site. For the relays, athletes will be provided with adhesive tape (one each) by the officials on the track.

3.19 Competition Procedure

3.19.1 Call Room

Call Room will be set up as shown on the Appendix . In the Call Room, the following will be checked in accordance with IAAF rules:

- Athlete's Bibs
- Shoes and spikes
- Uniforms
- Bag and personal belongings (the use of video or cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices will not be permitted in the field of play as per IAAF rule 144.3(b))

All items not authorized by IAAF Rules & Regulations will be retained by officials, who will give a receipt to the athlete. The athletes will be able to collect such items at TIC once their event has finished, on presentation of their receipt. Team Officials are not allowed to access the Call Room.

After Roll Call is completed at the Call Room, athletes will be taken to the Holding Area nearby, and toilets are available in the Holding Area. Athletes in track events will leave their personal belongings including tracksuits in the Holding Area, and enter the Field of Play (FOP) ready to compete. Their personal belongings will be transported to Post Event Control for collection after their event. In case of cold or rainy weather, athletes will be allowed to enter wearing their tracksuit and their belongings will be collected at the start line and taken to Post Event Control.

Deadline for reporting to the Call Room is as follows:

	Call Time (Call Room Closing Time)	At Competition Site
Track Events (Except Hurdle · Relay)	30min before	10min before
Relay	40min before	15min before
Hurdle	35min before	15min before
Long Jump · Triple Jump	50min before	30min before
High Jump	60min before	40min before
Pole Vault	80min before	60min before
Throwing Events	60min before	40min before

3.19.2 Procedure to Exit from FOP

All athletes will leave the competition area through the Mixed Zone, where the accredited media personnel can conduct short interviews. Combined Events athletes will go through the Mixed Zone at the end of each day, however there could be exceptions in special circumstances. The Post Event Control Room is located at the end of the mixed zone, where baskets containing athletes' clothing and bags will be delivered.

Officials in charge of doping control will notify athletes appointed for doping control tests at the post event control room, and athletes will be escorted to the doping control room.

Officials in charge of medal ceremonies will escort the medal-winning athletes to the medal ceremony gathering area. Athletes are asked to attend the press conference when requested by press.

3.19.3 Protest and Appeal

Jury of Appeal will be comprised by the members of the AAA Council. Protests will be resolved according to the IAAF Rule 146. Protests concerning the result or conduct of an event must be made within 30 minutes of the official announcement of the result of that event. Any protest shall, in the first instance, be made orally to the Referee by an athlete, by someone acting on his/her behalf, or by an official representative of a team. An appeal to the Jury of Appeal must be made within 30 minutes:

- (a) of the official announcement of the amended result of an event arising from the decision made by the Referee; or
- (b) of the advice being given to those making the protest, where there is no amendment of any result.

It shall be handed to TIC in writing, signed by a responsible official on behalf of the athlete or team, and shall be accompanied by a deposit of USD100, or its equivalent, which will be forfeited if the appeal is not allowed.

3.19.4 Race Walking Events

The Race Walk events will be conducted using the "Pit Lane" Rule as stated at the IAAF Rule230.7(c).

4. Sporting Facilities

4.1 Stadium (Team Seats)

All accredited team members will have seating available at the stadium for all competition sessions. The team seating area is located as shown in Appendix.

4.2 Field event coaches' seats

A selected number of seats will be reserved for the team coaches whose athletes are taking part in the field events each day.

4.3 Combined Events

There will be a waiting room for athletes taking part in combined events. Access to this room is limited to competitors and maximum of 2 officials for each athlete who are in possession of special passes. These passes can be collected at TIC.

4.4 Warm-Up Area

During the competition, warm up is available at a warm-up stadium next to the Main Stadium. However, warming-up for throwing events are not allowed in this area once competition begins.

Opening hours:	June 7 th to 9 th	7:30 ~ 1 hour after competition
	June 10 th	11:00 ~ 1 hour after competition

An area for each team will be set up near the main entrance of the Stadium.

4.5 Training Venue

Warm-up Stadium

Open from June 5 to 10

Opening hours:	June 5 (Tue)	11:00 ~ 17:30
	June 6 (Wed)	9:00 ~ 17:00
	June 7 th to 9 th	7:30 ~ 1 hour after finish of competition
	June 10 th	11:00 ~ 1 hour after finish of competition

Main Stadium

Opening hours:	June 5 (Tue)	11:00 ~ 16:30
	June 6 (Wed)	9:00 ~ 16:30 (Starters Practice 14:00 to 16:00)
	June 7 th to 10 th	(between morning & afternoon session, time tbc)

Weight Training (about 10 minutes walk from the main stadium)

Opening hours:	June 5 (Tue)	11:00 ~ 15:00
	June 6 (Wed)	9:00 ~ 15:00
	June 7 th to 9 th	9:00 ~ 15:00
	June 10 th	11:00 ~ 15:00

4.6 Medical Service

The LOC will provide medical services at the Headquarters Hotel (Miyako Hotel), main stadium and warm-up stadium. Free medical service will be provided by the LOC for all accredited team members at these LOC medical facilities. For any assistance at the Headquarters Hotel, please contact the CID. When the CID is closed, please contact the Hotel reception. For any assistance at the Stadium or at the warm-up area, please contact the Medical Room/Station in each place. Cases which cannot be dealt easily will receive medical care at hospitals in the vicinity. Please note any costs caused by further medical care in hospitals other than these on-site medical facilities must be paid by the respective teams. It is the responsibility of each team to have their own medical, travel and/or any other insurances.

4.7 Physiotherapy

LOC physio room will be set up at the warm up area to assist ONLY in case urgent treatment is necessary. There will be NO team physio space at the hotel, and no beds and/or other equipments will be provided, so each team will need to bring its own if necessary. If your team needs a dedicated physio room for your own, please make

reservation in advance at your own cost by contacting the LOC (aj2018@jaaf.or.jp), however the availability depends on the situation of the Hotel and is not guaranteed.

4.8 Distribution of Ice

Ice cubes will be provided at each Hotel, however, the amount available is limited so there can be cases that distribution is not available.

At the Stadium, ice cubes are available at the LOC physio room at the warm up area.

5. Doping Control

Doping Control tests will be carried out in accordance with the latest IAAF Anti-Doping Rules and Regulations. Athletes will be notified for doping control tests at the post event control room, and will be escorted to the doping control room. Failure or refusal to report to the doping control room after notification may result in anti-doping rule violation. Athlete who sets an Asian/Asian Junior Record will have to report to the TIC for doping control test. (In this case, the cost will be borne by LOC) Those who set new national records and need doping control tests for the ratification of the national records will have to apply at TIC immediately after each event. For this, each team must bear the cost which is 300 US\$ (30,000 yen) for urine standard test and 700 US\$ (70,000 yen) for urine standard plus EPO test, and this test fee must be paid in cash to TIC when requesting for the doping control test. If the payment is not made, the result of the doping control test will not be notified to the team.

Each team can find out whether their athletes have been taken to doping control room at the TIC. One team official may accompany the appointed athlete, and a special pass will be given at the TIC.

6. Insurance

Each Federation is responsible for making arrangements of their travel, medical, and any other insurances necessary for unforeseen accident, injury and illness on their own before travelling to Japan.

7. Team Manual

This team manual had been approved by AAA.

Appendix: Competition Schedule
(subject to change)

Day1 AM

Start	Event	M	Phase
9:00	100m Dec	M	Deca1
9:15	10,000m R.Walk	W	F
9:45	Long Jump Dec	M	Deca2
10:20	Hammer Throw	W	F
10:25	100m	M	R1
11:05	400m	W	R1
11:10	Shot Put Dec	M	Deca3
11:30	400m	M	R1

Day1 PM

Start	Event	M	Phase
14:00	<i>Opening Ceremony</i>		
15:30	Shot Put	W	F
15:30	100m	W	R1
15:35	Long Jump	M	QAB
15:40	Hammer Throw	M	F
15:40	High Jump Dec	M	Deca4
15:50	Pole Vault	M	F
16:00	100m	M	SF
16:40	1500m	M	R1
17:00	Triple Jump	W	F
17:15	5000m	W	F
17:55	400m	M	SF
18:15	400m Dec	M	Deca5

Day2 AM

Start	Event	M	Phase
9:00	110m H Dec	M	Deca6
9:15	110m H	M	R1
9:40	Discus Throw Dec	M	Deca7
9:45	100m H	W	R1
10:05	10,000m R.Walk	M	F
11:00	Javelin Throw	W	F
11:05	Pole Vault Dec	M	Deca8

Day2 PM

Start	Event	M	Phase
15:30	400m	W	F
15:30	Javelin Throw Dec	M	Deca9
15:40	High Jump	W	F
15:40	400m	M	F
15:50	Shot Put	M	F
15:50	1500m	W	F
16:00	Long Jump	M	F
16:00	1500m	M	F
16:15	10,000m	M	F
16:55	110m H	M	SF
17:20	100m	W	F
17:30	100m	M	F
17:50	1500m Dec	M	Deca10

Day3 AM

Start	Event	M	Phase
9:05	100m H Hep	W	Hep1
9:15	200m	W	R1
9:35	200m	M	R1
10:15	800m	W	R1
10:20	High Jump Hep	W	Hep2
10:35	800m	M	R1
10:00	Javelin Throw	M	F
11:00	400m H	W	R1
11:15	400m H	M	R1
11:45	4 x 100m Relay	M	R1

Day3 PM

Start	Event	M	Phase
15:00	Discus Throw	W	F
15:00	200m	M	SF
15:00	Shot Put Hep	W	Hep3
15:20	800m	W	F
15:30	800m	M	F
15:35	Long Jump	W	F
15:30	Pole Vault	W	F
15:45	100m H	W	F
16:00	110m H	M	F
16:15	200m Hep	W	Hep4
16:30	4 x 400m Relay	M	R1
16:35	Discus Throw	M	F
16:55	3000m SC	W	F
17:15	3000m SC	M	F
17:40	4 x 100m Relay	W	F
17:55	4 x 100m Relay	M	F

Day4 PM

Start	Event	M	Phase
13:15	400m H	W	F
13:20	Long Jump Hep	W	Hep5
13:35	400m H	M	F
13:45	High Jump	M	F
14:00	200m	W	F
14:20	200m	M	F
14:30	Triple Jump	M	F
14:30	Javelin Throw Hep	W	Hep6
14:45	3000m	W	F
15:20	5000m	M	F
16:00	800m Hep	W	Hep7
16:25	4 x 400m Relay	W	F
16:40	4 x 400m Relay	M	F

Appendix: List of Official Throwing Implements

■ SHOT 6.0KG

Brand No.	Brand Name	QTY	Catalog No.	Company	Coutr	Description	Colour	Certification No.
F291	NISHI Steel φ117	13	F291	NISHI Athletic Goods	JPN	Shot 6kg, Steel, dia:117mm	Silver	I-03-0292

■ SHOT 4.0KG

Brand No.	Brand Name	QTY	Catalog No.	Company	Coutr	Description	Colour	Certification No.
F253	NISHI Steel φ103	6	F253	NISHI Athletic Goods	JPN	Shot 4kg, Steel, dia: 103mm	Silver	I-99-0089
F253C	NISHI Steel φ109	9	F253C	NISHI Athletic Goods	JPN	Shot 4kg, Steel, dia: 109mm	Silver	I-99-0084

■ DISCUS 1.75KG

Brand No.	Brand Name	QTY	Catalog No.	Company	Coutr	Description	Colour	Certification No.
F304B	NISHI Super	8	F304B	NISHI Athletic Goods	JPN	Discus 1.75kg, Super, steel rim, FRP sides	Black/red/white	I-03-0293
F334	NISHI Super High Moment	13	F334	NISHI Athletic Goods	JPN	Discus 1.75kg, Super HM, steel rim, FRP sides	Purple/black/white	I-07-0390

■ DISCUS 1.0KG

Brand No.	Brand Name	QTY	Catalog No.	Company	Coutr	Description	Colour	Certification No.
F303B	NISHI Super	2	F303B	NISHI Athletic Goods	JPN	Discus 1kg, Super, steel rim, FRP sides	Black/red/white	I-99-0086
F333A	NISHI Super High Moment	7	F333A	NISHI Athletic Goods	JPN	Discus 1kg, Super HM, steel rim, FRP sides	Purple/black/white	I-02-0256
C716	Gill Pacer Hollowood Star	1	313	Gill Athletics	USA	Discus 1kg, Hollowood Star, steel rim, wooden sides	Blue	I-99-0039
C742	Denfi Jurgen Schult	2	D1000JUS	Denfi Sport	DEN	Discus 1kg, Jurgen Schult Ultimate Spin, chrome rim, carbon grey	White/yellow centre	I-99-0099
C752	OTE Very High Moment	1	2103	Gill Athletics	USA	Discus 1kg, OTE Very High Moment, steel rim, aluminium sides	Red	I-99-0065
NF718	Gill Pacer Carbon	2	720213	Gill Athletics	USA	Discus 1kg, Pacer Carbon FX, steel rim, carbon fibre sides	Black/silver	I-08-0422

■ HAMMER 6.0KG

Brand No.	Brand Name	QTY	Catalog No.	Company	Coutr	Description	Colour	Certification No.
F241A	NISHI Tungsten φ105	8	F241A	NISHI Athletic Goods	JPN	Hammer 6kg, Steel and Tungsten, dia:105mm	Green	I-06-0360

■ HAMMER 4.0KG

Brand No.	Brand Name	QTY	Catalog No.	Company	Coutr	Description	Colour	Certification No.
F210A	NISHI Ductile φ95	5	F210A	NISHI Athletic Goods	JPN	Hammer 4kg, Steel and Ductile, dia: 95mm	Blue	I-99-0080
NF210B	NISHI Tungsten φ95	9	NF210B	NISHI Athletic Goods	JPN	Hammer 4kg, Steel and Tungsten, dia: 95mm	Silver/orange	I-14-0700

■ JAVELIN 800G

Brand No.	Brand Name	QTY	Catalog No.	Company	Coutr	Description	Colour	Certification No.
F453E	NISHI Super DR 80m	3	F453E	NISHI Athletic Goods	JPN	Javelin 800g, Super DR 80m, aluminium, red cord	Silver/yellow/red	I-01-0236
NF458	NISHI Hybrid Genome X	2	NF458	NISHI Athletic Goods	JPN	Javelin 800g, Hybridgenome X, black cord	White/blue/yellow/black	I-11-0506
C762	Nordic Champion 100m	1	7916800	Nordic Sport	SWE	Javelin 800g, Champion Steel, steel, black cord	Lilac/white	I-99-0012
N7A022212	Nordic Airglider Carbon	1	7916803C	Nordic Sport	SWE	Javelin 800g, Airglider Carbon flex 4.5, carbon, red cord	White, red spiral	I-03-0300
NC760A	Nordic Airglider Steel flex6.1	2	7916803	Nordic Sport	SWE	Javelin 800g, Airglider Steel, steel, red cord	Red/white	I-99-0011
NC762A	Nordic Champion Steel flex6.4	1	7916800	Nordic Sport	SWE	Javelin 800g, Champion Steel, steel, black cord	Lilac/white	I-99-0012
NC761A	Nordic Orbit Steel flex6.6	2	7916808	Nordic Sport	SWE	Javelin 800g, Orbit, steel, black cord	Blue/white	I-99-0014
NC763A	Nordic Super Elite 800 flex6.8	1	7916801	Nordic Sport	SWE	Javelin 800g, Super Elite 800, steel, red cord, 90m	Black/white	I-99-0020
NC828	Nemeth Classic 90m	2	800CS90	Nemeth Javel-Inn	HUN	Javelin 800g, Classic 90m, aluminium, violet cord	Violet/yellow/green	I-99-0100
NC829	Nemeth Classic 85m	1	800CS85	Nemeth Javel-Inn	HUN	Javelin 800g, Classic 85m, aluminium, violet cord	Violet/yellow/magenta	I-09-0429

■ JAVELIN 600G

Brand No.	Brand Name	QTY	Catalog No.	Company	Coutr	Description	Colour	Certification No.
F463C	NISHI Super DR 55m~65m	1	F463C	NISHI Athletic Goods	JPN	Javelin, Super DR 55-65m 600gr	White/yellow	I-99-0082
F463F	NISHI Super DR 70m	2	F463F	NISHI Athletic Goods	JPN	Javelin 600g, Super DR 70m, aluminium, red cord	Silver/yellow/red	I-01-0235
NF466	NISHI Hybrid Genome X	2	NF466	NISHI Athletic Goods	JPN	Javelin 600g, Hybridgenome, black cord	White/pink/yellow/black	I-12-0573
C773C	Nordic Diana 60m	2	7917601	Nordic Sport	SWE	Javelin 600g, Diana Classic flex 7.2	Pink, white spiral	I-99-0015
C774C	Nordic Diana 50m	1	7917602	Nordic Sport	SWE	Javelin 600g, Diana Classic flex 7.7	Pink, white spiral	I-99-0016
NC771D	Nordic Diana Steel flex6.2	2	7917603	Nordic Sport	SWE	Javelin 600g, Diana Steel, steel, blue cord, 80m	Lilac, white	I-99-0018
NC775D	Nordic Super Elite flex7.0	2	7917607	Nordic Sport	SWE	Javelin 600g, Super Elite, Steel, red cord	White, black spiral	I-14-0715
NC773D	Nordic Diana Classic flex7.2	1	7917601	Nordic Sport	SWE	Javelin 600g, Diana Classic flex 7.2	Pink, white spiral	I-99-0015
NC774D	Nordic Diana Classic flex7.7	1	7917602	Nordic Sport	SWE	Javelin 600g, Diana Classic flex 7.7	Pink, white spiral	I-99-0016
NC835C	Nemeth Classic 80m	2	600CS80	Nemeth Javel-Inn	HUN	Javelin 600g, Classic 80m, aluminium, violet cord	Violet/yellow/green	I-99-0102
NC836C	Nemeth Classic 75m	2	600CS75	Nemeth Javel-Inn	HUN	Javelin 600g, Classic 75m, aluminium, violet cord	Violet/yellow/red	I-99-0110

GIFU Location Map

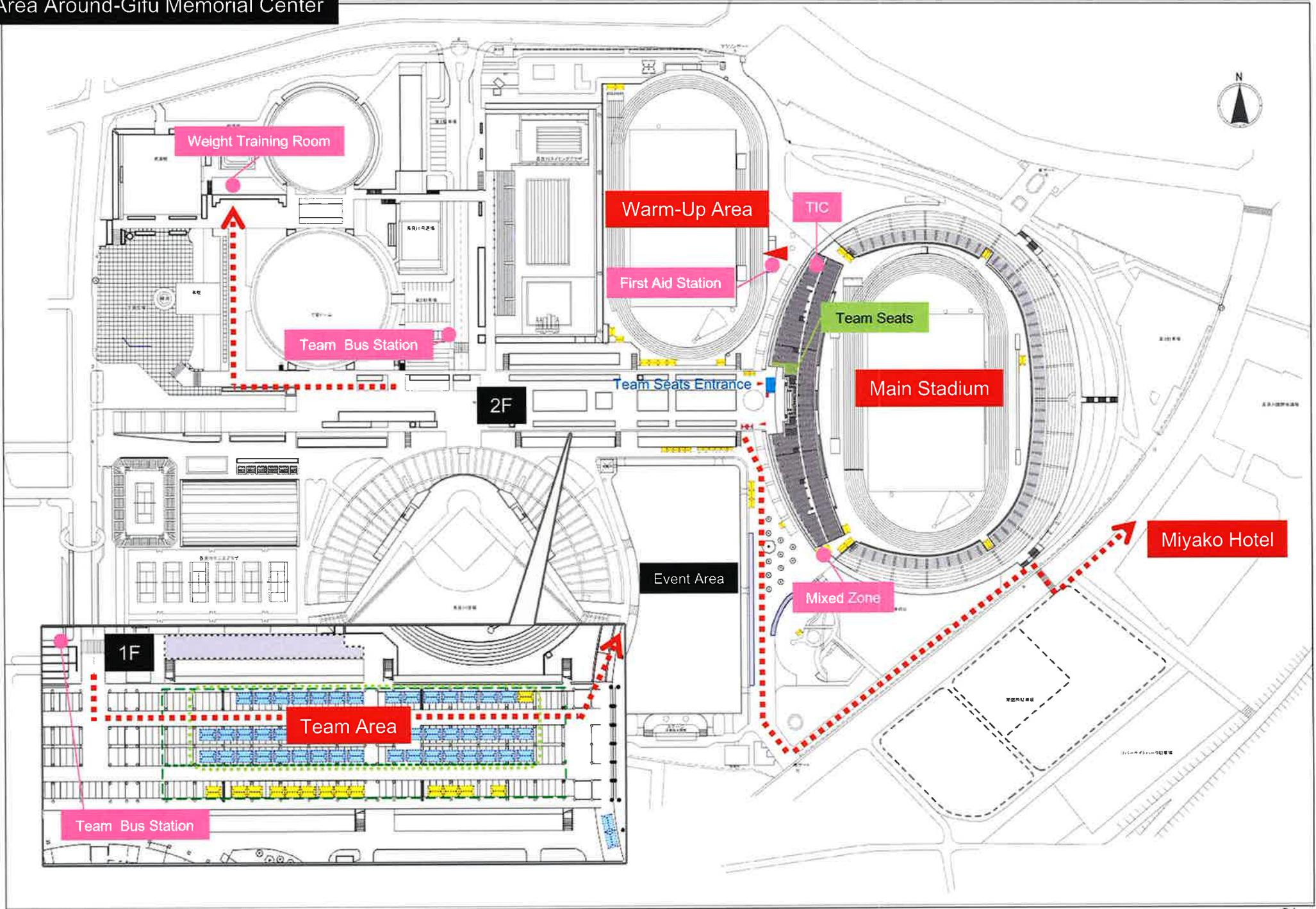


<HOTEL LIST>

①	GIFU MIYAKO HOTEL	④	HOTEL RESOL GIFU
②	GIFU GRAND HOTEL	⑤	OGAKI FORUM HOTEL
③	DAIWA ROYNET HOTEL GIFU	⑥	HOTEL KOYO

 Chubu Centrair International Airport

Area Around-Gifu Memorial Center



Team Seats

