

Technical Informations

The meeting CITIUS CHAMPS will be conducted in compliance with all applicable IAAF rules.

SITE-Entry

Athletes report to entry "Wankdorf Bahnhof" (North) or "Wankdorf Center" (South) by showing their ticket, which will be sent in advance. At the entry of the sports hall they will get an athlete-badge, which enables access to the sports hall. Only athletes, coaches and volunteers have access to this basement.

Confirmation

The registered athletes are considered as confirmed after picking up the Bib-number and can directly show up in the call room at the defined time.

Warm-up

The Warm-up has to be done outside the stadium (around the sports hall or on the "Allmend"). An 80 meter-running-tunnel (with four synthetic lanes) is at athletes (and coaches) disposal (in the basement of the sports hall) as well.

Call-Room

Athletes must report to the Call Room before each event as follows:

Event	Call Room in		Call Room out
	First Call	Last Call	Leaving for competition site
Races	20 mins before event	15 mins before event	10 mins before event
Long Jump	45 mins before event	40 mins before event	35 mins before event
High Jump	45 mins before event	40 mins before event	35 mins before event
Javelin	45 mins before event	40 mins before event	35 mins before event
Pole Vault	75 mins before event	70 mins before event	65 mins before event

Athletes arriving late may be excluded from participation in the event.

Inspection of Personal Belongings.

Thorough check of personal belongings will be conducted in the Call Room. Any personal belonging (such as tape-recorders, radio, mobile phones, MP3 players, video cameras, etc.) forbidden to be taken to the competition site by IAAF rules will be confiscated in the call room. All confiscated objects from the competitors will be returned therein after the event.

Dimensions and Number of Spikes

(IAAF-RULES 143.3 und 143.4)

The sole and heel of the shoes shall be so constructed as to provide for the use of up to 11 spikes. The part of each spike which projects from the sole or the heel shall not exceed 9 mm except in the High Jump and in Javelin, where it shall not exceed 12 mm. The spike must be constructed in a way that it will, at least for the half of its length

closest to the tip, fit through a square sided 4 mm gauge.

The Sole and the Heel

(IAAF RULE 143.5)

In the High Jump and Long Jump, the sole shall have a maximum thickness of 13. In all other events the sole and/or heel may be of any thickness.

In all other cases the sole and/or heel can have any thickness.

BIBS

The athletes' personal bibs shall be pinned onto the front of the competition clothes (except in the case of the vertical jumping events, where the bib may be worn on the breast or back). The bibs may not be cut, bent or covered in any way whatsoever.

Hip Numbers

Athletes competing in track events will also be given two adhesive hip numbers in the call room

before entering the field. The hip numbers must be secured to each leg of the athlete.

Competition Procedures

In track events tracksuits will be put in baskets at the start. These baskets will be taken to the Kit Collection Area at Post Event Control in the Mixed-Zone.

In the 2000m race all athletes have the possibility to get an official 1500m time. Athletes, who want to use this opportunity, have to announce it until 1 hour before their competition at the Bib distribution or via mail to reto.ramseier@citius-meeting.ch. To get the 1500m time the 2000m do not have to be completed. If the athlete finishes the race after 1500m, he must be careful to not hinder other competing athletes. The detailed codex of behavior in such cases will be communicated in the call room.

All field events take place as mixed events. There will be a team rating in every discipline. The Teams are formed after the qualification period with the mode 1. WOM + 5. MAN, 2. WOM + 4. MAN, 3. WOM + 3. MAN, 4. WOM + 2. MAN, 5. WOM + 1. MAN.

In long jump and javelin, in every round all women complete their try before the men complete their try before the next round starts. In both competitions every athlete has 4 tries in total. For the individual rating such as for the team rating, the best try of every participant will count.

The starting height and the raising of the bar in pole vault and high jump will be defined, after all the starting athletes are known. The competition will be carried out as a normal competition with the defined heights of increase. The judges and the organizer can decide a neutralization when needed.

The participant in the pole vault must inform the chief-judge of the position of the crossbar he requires for his first trial and this position shall be recorded. If subsequently an athlete wants to make any changes, he should immediately inform the chief-judge before the crossbar has been set in accordance with his initial wishes. Failure to do this shall lead to the start of his time.

Starting Commands

Starting commands will be announced in English.

The following commands will be given at distances up to and including 400m:

- On your marks!
- Set!
- Shot

At distances including 800 m and longer:

- On your marks!
- Shot

If for any reason the starter considers it as necessary to interrupt the process, he will say: "Stand Up".

False start indicators will be installed on the starting blocks

Time Keeping

Automatic Timing and a False Start System (ALGE) will be used.

Measurements

The measurements in Long Jump and Javelin will be done by using electronic distance measurement devices. Measurements in vertical jumps will be done with calibrated steel bars.

Markers

Athletes will not be permitted to use their own markers during the competitions. Those athletes wishing to use a marker may only use the markers provided by the OC at the event site. The athletes competing in high jump, long jump, javelin and pole vault can use up to two marks.

Information for after the competition

Order of leaving the arena

All athletes must leave the infield through the mixed zone.

Track events

In Track events, athletes will leave the competition site right after finishing.

Field events

- Athletes eliminated in vertical jumps, will leave the competition site together with the other athletes at the competition.
- In the Long Jump and Javelin the athletes will leave the competition site together after the end of the last try.

The athletes will be escorted to the mixed zone by an official or a volunteer.

Mixed Zone

The athletes having left the mixed zone will not be allowed to go back therein.

Results

The results will be published on our website in English.

Doping Control

Athletes may be tested during the entire period of their CITIUS-Participation, regardless of their location. Antidoping Schweiz acknowledges its conformity with the International Standard for Testing and Investigations (ISTI) and anti-doping activities to fulfill its role and responsibilities under the Code.

Insurance

Is up to the participants. The organizer refuses all kind of liability.