



**WMA WORLD CHAMPIONSHIPS  
LAHTI, FINLAND  
Competitor's handbook**

# COMPETITORS

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**Please Note these Important Instructions!!!**

**All athletes must follow a three step process in order to be allowed to compete. Those not following this process correctly and in a timely manner will not be allowed to compete. That process is:**

### **1. Registration – to be done upon arrival in Lahti.**

Registration Office is located on the main floor of the large Lahti2009 Centre across the parking lot from the Main Stadium in Lahti. This is where you will pick up your registration packet including your Accreditation Card, Competitor Numbers, Declaration Cards, and all other material that you will need to compete and to enjoy your visit. You may register up until just before the Declaration deadline.

### **2. Declaration – turn in the Declaration Card to the Technical Information Center (TIC) for each event in which you will be competing. This includes all Stadia and Non-Stadia events. Special Exception is made for the Marathon.**

You will not be allowed to compete in an event for which you have not turned in a Declaration Card in a timely manner to the TIC. The Declaration Cards will be accepted only for a period of three days before the event (or four if there is a rest day involved). The deadline for submitting Declaration cards is 18:00 the evening before your event if it is scheduled at 12:00 or before on the following day. If your event is scheduled after 12:00 then you may declare up until 10:00 on the same day as your event. If you have special circumstances concerning Declaration, please speak to Referee or TIC personnel. If you decide to withdraw from an event you must retrieve the Declaration Card from the TIC, or failing that, you must report to the Call Room for the event to withdraw or else be liable for disqualification from further events in the Championships.

### **3. Reporting – both Stadia and Non-Stadia athletes must report to the appropriate Call Room at the Location where their competition is being held in a timely manner according to their Event Time Schedule, having already done your initial warmup.**

The Call Room for the Main Stadium in Lahti is located on the basement floor of the Main Stadium. Follow the signs down from the main Stadium entrances. Radiomaki Stadium Call Room will be in a tent near the entrance of the track. Nastola Stadium Call Room will be in a tent near the 1500 meter start. Kisapuisto Throwing Field Call Room is a tent on the grounds. You will be checked in, your uniform and equipment will be inspected, you will be briefed, and you will be escorted out to your event as a group. If possible some general warmup will be given. And then formal, warm-up will be conducted at the event site. At least Finnish and English will be spoken in the Call Room. You may bring a translator to the call room if desired.

**If you have a question or a problem with anything, the first person to ask is your Team Manager. They speak your language, and they know the procedures. Failing that, you should ask at the Technical Information Center (TIC) in the Lahti2009 Centre near the Main Stadium in Lahti or at the Call Rooms of the other venues (Radiomaki, Kisapuisto, Nastola, Marathon, Road Walks, Cross Country) as appropriate.**

## 1. REGISTRATION

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### 1.1 Accreditation cards

All athletes and Team Managers will receive an Accreditation Card in their Registration Package which they will receive at Registration area on main floor of Lahti2009 Centre across the parking lot from the Main Lahti Stadium. It 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 escort other persons beyond checkpoints. Athletes will only be allowed in the competition areas when participating in a scheduled event.

### 1.2 Accreditation procedure

Accreditation cards will be produced in advance of the event, according to the final entry information received. Photos will not be included on the accreditation documents. Athletes and Officials must show an ID card when picking up their accreditation.

Special Accreditation cards will be provided to Team Managers for access to Technical Meeting Room, Press Center, etc. All accreditation matters will be handled at the Registration Office on the lower floor of the Lahti2009 Centre. Distribution of additional accreditation passes (Team Managers, Press, Guests) will be done at the

Registration Office.

### 1.3 Loss of accreditation

Any lost or damaged accreditation cards should be reported immediately to the Registration Office on the lower floor of the Lahti2009 Centre. If appropriate, a new card can be produced for the payment of 10 €.

## 2. TECHNICAL INFORMATION CENTER (TIC)

The Technical Information Centre (TIC) is located on the upper (2nd) floor of the Lahti2009 Centre across the parking lot from the Main Stadium at Lahti. See map in Appendix A.

Many TIC services will be also offered in the Call Rooms in the Radiomaki Stadium (2nd Stadium see map in Appendix B), in Nastola Stadium (3rd Stadium see map in Appendix C) and at the Kisapuisto (throwing field see map in Appendix D) only on the days when there is competition scheduled at those other venues.

### 2.1 Services

Specific services of the TIC are (but not limited to) the following:

- Urgent notices and technical information such as schedule changes
- Answer general questions concerning the competitions;
- Process requests for completion of regional/affiliate record applications
- Distribute and receive Relays entry forms
- Distribute and receive Non-Stadia Team Age Group Change forms
- Distribute and receive Technical Meeting forms
- Processing of Appeals (Appeals for all venues will be received only at the TIC in the Lahti2009 Centre at the Main Stadium at Lahti)

### 2.2 TIC and Lahti2009 Centre hours of operation

Date	Opening Time	Closing Time
Saturday 25 July thru Sunday 26 July, 2009	12:00	19:00
Monday 27 July, 2009	10:00	21:00
Tuesday 28 July thru Thursday 30 July, 2009	08:00	21:00
Friday 31 July, 2009	15:00	19:00
Saturday 1 August thru Tuesday 4 August, 2009	08:00	21:00
Wednesday 5 August, 2009	15:00	19:00
Thursday 6 August thru Friday 7 August, 2009	08:00	21:00
Saturday 8 August, 2009	07:00	20:00

### 2.3 LOC Desk services

(LOC Desk is situated on the main floor in Lahti2009 Centre)

- Miscellaneous requests for material
- Result sheet sales (see Section 6)
- Printed Diploma sales
- Official Results Book sales (see Chapter 6.1)
- Bus Transportation ticket sales
- Athlete's Party ticket sales
- Laundry Services

### 2.4 Lost and found

The main **lost and found** center for all venues will be at the LOC Desk on the main floor in the Lahti2009 Centre. Temporary Lost and Found will be at each remote Venue but the items will be transferred to Lahti the LOC Desk at the end of the day.

## 3. TEAM MANAGER (TECHNICAL/ORGANIZATIONAL) MEETINGS

The appropriate WMA Technical Delegate(s) and/or Organizational Delegate(s) will preside over all meetings, which will be conducted in English with translations as necessary and available.

## 6 ENGLISH

The initial Team Managers' meeting will take place on Monday 27 July at 16:30 in the Technical Meeting Room which is located in the Main Lahti Stadium upper floors (follow signs up from main stadium entrances.)

Starting on Tuesday 28 July, there will be Team Managers' meetings at **08:30** on each competition day in the same place. No more than two (2) representatives from each participating member federation (plus an interpreter or attaché if necessary) may participate in the meeting. Observers are welcome if there is room, but they may not participate unless invited and must not cause any disturbance or will be asked to leave.

Each Team Manager meeting will have the specific agenda listed below. This agenda will be followed with the goal of keeping the initial meeting to 1.5 hours, or less, and daily meetings to 1.0 hours or less. After the initial meeting, spontaneous questions will only be taken if there is time. Technical and Organizational questions and comments are required to be submitted in written form on a specific Team Manager Meeting Form (which is available at the TIC and at Team Manager Meetings) Those that are submitted to the TIC by 18:00 the evening before the meeting will be answered as fully as possible by the appropriate LOC/WMA person(s) at the meeting the following morning. Spontaneous questions, by their nature, may not be fully answered as further research and/or different people may be required.

### 3.1 Technical/ organizational team managers' meeting agenda

1. Greeting by Chair
2. Introduction of Special Guests by Chair
3. Self Introduction by Team Managers
4. Answers to written **Technical** questions or comments from Team Managers' Meeting Forms submitted to the TIC by 18:00 the evening before.
5. Special Announcements concerning upcoming events
6. Answers to written **Organizational** questions or comments from Team Managers' Meeting Forms submitted to the TIC by 18:00 the evening before.
7. Other business as necessary and as time permits.

## 4. TEAM MAILBOXES

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will be located in the Lahti2009 Centre and each major delegation will also have a box with their affiliate name on it. All others will be grouped. Access to these mailboxes will be restricted to Team Managers only. It is the responsibility of the Team Managers to inform their teams of information from the Team Managers' meetings and to post notices on their Affiliate bulletin boards in the Lahti2009 Centre.

## 5. SIGNAGE

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All Signs will be in six languages whenever possible (English, Finnish, Spanish, German, Russian and French).

## 6. RESULTS

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For the Main Stadium in Lahti, the results posting area is along the outer glass wall of the lower level of the Lahti2009 Centre across the parking lot from the Main Stadium. The results posting area will be near the Call Room in all other venues. The results will also be posted on the Lahti Internet website: <http://WMA2009.org/>

Athletes must not remove these results as they are for all competitors to view. Copies of individual results may be purchased from the LOC Desk in the Lahti2009 Centre for € 1,00 per page.

### 6.1 Final results book

For those that did not purchase a final Results Book with their entry, copies of the final results book may be purchased by filling out an address label and paying the fee (€ 15,00) at the LOC Desk in the Lahti2009 Centre. The results books will be mailed as soon as they are available after the Championships.

## 7. NON STADIA TEAM EVENTS (CROSS COUNTRY, ROAD WALKS & MARATHON)

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Everyone competing is automatically on a team for their Affiliate. No more than two athletes from any older age group can move down to a younger age group to form an age group team (the youngest person on the team

determines the team age group).

Medals will be awarded to the 1st three teams finishing in each age group.

Team awards will be based on the combined time of the first three team members of the same affiliate.

All team members must run in the same race. The Team Manager must complete and submit the official Team Declaration Form if anyone is changing age groups. The forms must be submitted to the TIC in the Lahti2009 Centre across the parking lot from the Main Stadium in Lahti by 18:00 the evening before the team event in question. If you have special circumstances, contact a Referee or the TIC.

If it is found an athlete has run in a younger age group, which already has sufficient members to make a team, the team will be disqualified.

An athlete can only score on one team.

If an athlete who is moving down in age for a team is in the same race as his own age group, then he/she is also eligible for individual medals in his/her own age group. If it is a different race, then they give up the chance for individual medals if they change age groups.

In the team events, all team members must wear Affiliate approved team uniforms **clearly identifying the country they represent**. (see Section 13.6 Uniforms for more detail)

*Note: Not following these rules will lead to disqualification of the team.*

## **8. AWARD CEREMONIES**

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All awards for events at all venues will be presented at the Awards Staging Area in the Main Stadium in Lahti. It is located to the right from the Grandstand area towards the ski jumps. It is a beautiful unique, wooden medal ceremony stand that was designed and constructed by two second-year students of the Institute of Design at the Lahti University of Applied Sciences for exclusive use during our Championships.

Athletes must report to the award staging area 15 minutes prior to their award ceremony. The award ceremony will begin 1 hour after finishing the Final of the Athlete's Event (Main Stadium, Kisapuisto, Radiomäki, Cross Country, Road Walk and Marathon). The award ceremony will begin 2 hours after finishing the Final of the Athlete's Event in Nastola. The last award ceremony per day will be for the Events, which will end at 6 pm (18.00) at the latest. For the events that end after 6 pm the award ceremony will be held the following morning. The award ceremony will take place at the area between the Main Stadium and the Restaurant Voitto. Athletes must wear their official team uniform for the Awards Ceremony. Professional pictures will taken and will be available for sale in the Lahti2009 Centre, on the main floor.

Competitors that are not able to collect their medals at the ceremonies may collect the medals from the LOC Desk at the Lahti2009 Centre after the ceremony. No medals will be given before the award ceremony. If you have special circumstances, please contact the Director of Awards in the Awards area at the Main Stadium in Lahti.

*Note: Custom medal engraving services will be available in the Lahti2009 Centre on the main floor level.*

## **9. PUBLIC ANNOUNCEMENTS**

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The competitors participating and the results of the events, announcements, and general information will be given in Finnish and English and in as many other languages as practicable over the public address system.

## **10. RECORDS**

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World records during competition, will be automatically noted by the WMA statistician without any special actions on the part of the athlete. Anyone requiring Regional or Affiliate record forms completed, should do so through their Team Manager and this is to be done at the TIC in the Lahti2009 Centre at the Main Stadium in Lahti.

## **11. CHANGING ROOMS-SHOWERING FACILITIES-TOILETS**

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Changing rooms, shower facilities and toilets are shown on the competition venues maps in Appendix A, B, C, D, & E.

## **12. DECLARATION PROCEDURES**

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All competitors must declare their intention to compete in an event by handing in the appropriate "Declaration Card"

which they were given in their Registration Package upon Registering. The cards are to be handed in only at the TIC on the upper floor in the Lahti2009 Centre across the parking lot from the Main Stadium in Lahti. **It is important to note the deadlines for doing this that are listed here!** In general, Declaration Cards for events scheduled at **12:00**, or before, may be turned in only up until **18:00** on the day before the event. For the events scheduled after **12:00** on each day of competition, Declaration Cards must be submitted to the TIC no later than **10:00** of the same day. Also note that the earliest that the Declaration Cards will be accepted is three days before the event (or four days if there is a rest day involved). An exception to this will be that declarations for those events on the first three days of the Championships (Tuesday, Wednesday, and Thursday, July 28-30) will be accepted any time before that when the TIC is open. Those not following these rules will not be allowed to participate in that event. If you have special circumstances, please contact a Referee or the TIC.

You will receive a signed receipt showing that you did hand in the declaration card. Please keep this receipt as proof of your Declaration in case there is any question.

See your event's schedule for the declaration time deadline as well as the reporting time, event time, award time, etc.

Athletes are only required to declare once for each event, before the start of the first round or before the first event of Combined Events. Further declarations for subsequent rounds will not be necessary. If there is a "bona fide" reason for not taking part in subsequent rounds athletes should let the appropriate Referee or TIC know, within 30 minutes of qualifying for the subsequent round. If an athlete finds out later that they cannot compete in any event in which they are entered or have qualified for, then a Referee or the TIC should be notified immediately. For last minute withdrawals, notice may be given in the Call Room.

Failure to do this could lead to disqualification from competing in other subsequent events in the Championships.

## **13. RULES OF COMPETITION**

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### **13.1 Constitution and by-laws**

Competition will be conducted in accordance with the technical rules of the IAAF except as modified by the technical rules of WMA and by this Competitor's Handbook.

### **13.2 Program changes**

Any changes in the competition program will be given to the Team Managers at the daily Team Manager's Technical meeting and/or in the team Mailboxes, and posted on the notice boards in the appropriate stadiums. No round or stage of any event shall commence at a time earlier than that shown in the Event Schedule. The only exception would be a heat or a flight where all are present and ready and all agree to start a few minutes early.

### **13.3 Events**

Competitors can only cancel events. They are not permitted to change events or increase the number of events for which they have already entered. They also may not take another athlete's place in an event. Those not following these procedures will be disqualified from all subsequent events.

### **13.4 competition numbers (BIBS)**

All athletes will receive two identical numbers, one to be worn on the front and one on the back in all events except the High Jump, Pole Vault and the Throws. In the vertical jumps, only one number need be worn on either the front or back. In the Throws, only one number may be worn if desired, and it must be worn on the back. Numbers must not be folded or cut in any way. This could lead to disqualification. These numbers are for identification purposes and must be firmly attached as instructed by the Call Room (with four safety pins).

In the relay events, athletes will use their normal competition bib numbers and the final runner must also wear an extra number.

### **13.5 Transponder timing systems**

Transponder Timing Systems will be used in the Championships.

For distance races on the track (5,000 meter, 10,000 meter, 5,000 Track Walk, and 2000 and 3000 meter Steeplechase). Transponders that fasten around the ankle will be handed out in the TIC when the competitor turns in the declaration card for these events. And these transponders will be collected at the finish line at the end of each race. An 80 € charge will be assessed each athlete if they do not turn in the transponder to authorized personnel at the finish line after their race.

Transponders for the Cross Country, Road Walk, and Marathon events will be given to each athlete when they hand in their declaration cards to the TIC. Note that, as a service to competitors doing the Marathon only Registration and Declaration will be available at the TIC 500 meters from the Marathon start.

In Cross Country and Marathon, a 40 € charge will be assessed each athlete if they fail to turn in the transponder to authorized personnel at the finish line. There are separate transponders being used for the Cross Country and Marathon races. If you must withdraw from the Cross Country, Road Walk or the Marathon before the race, you must pick up your declaration card and return the transponder to the TIC. If you withdraw any time during your race you must return the transponder to the finish line.

Athletes must properly wear at all times only the transponder that was issued to them. Instructions on the proper use of the transponders will be given by the issuing officials in the TIC or along with the transponder.

Athletes will be required to wear their bib numbers and transponders and pass through a test area before the start of each applicable event to verify that the proper transponder is in place and that the transponder is operating properly.

### 13.6 Uniform

**INDIVIDUALS:** In accordance with WMA rules for all events, all competitors must wear a singlet or vest that is approved by their national masters/veterans body. Vests and singlets must also comply with IAAF rules.

**TEAMS:** Athletes competing in all team events must do so only in Affiliate approved national vests or singlets that clearly identifies the affiliate they are representing. Non compliance will lead to disqualification. A club uniform, that does not clearly identify the affiliate they are representing, even if it is approved by the affiliate, is acceptable for individual events but is not acceptable in a team event. This rule is not a punishment, but is so that all competitors clearly know the teams they are competing with and so that announcers and spectators can distinguish the teams.

### 13.7 Advertising

All advertising on athletes' clothing must conform to IAAF and WMA regulations as to size and content. Conformance will be checked by Call Room personnel and other officials.

### 13.8 Bib numbers & additional numbers

Athletes are advised to securely pin their bib numbers to their uniform with four (4) safety pins. This is to prevent the loss of these numbers which are needed to aid in the proper lap counting and identification of each athlete.

In relay races, competitors use their own bib numbers. And, in addition, the final relay runner will receive a special number. Team Leaders will pick up the special relay numbers.

### 13.9 Spikes

The spikes on athletes' shoes will be checked by the Call Room and other officials, to ensure they comply with IAAF rules.

When a competition is conducted on a synthetic surface, that part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall not exceed 12mm. The spike must be so constructed that it will, at least for half its length closest to the tip, fit through a square sided 4mm gauge.

### 13.10 Markers

Athletes can use a maximum of one (1) marker in the relay events and a maximum of two (2) in the field events per IAAF rules 170.11, 180.3. With the exception of the High Jump, these markers must be placed off the runway.

Athletes will not be allowed to use their own markers (with the exception of adhesive tape) for field events. Marker blocks will be furnished for use of field event athletes. For the long jump, triple jump, pole vault and javelin, competitors are required to use only adhesive tape or the markers provided by the Organising Committee.

No chalk, powder pen markers, or permanent markers of any kind are to be used on or near any runway or the track under liability of immediate disqualification.

### 13.11 Personal belongings

Starting at the Call Room, inspections will be made for proper uniform, spikes, advertising, prohibited items, etc. Note that additional implements will not be permitted on the field. Competitors will be able to take one small bag with them to the field if it has been examined by Call Room Personnel.

According to IAAF rules, use by athletes of cassette recorders, radios, mobile phones, etc. shall not be permitted.

## 10 ENGLISH

Any confiscated items may be retrieved from the Lost and Found area at each competition site and at the end of the day from the Lost and Found at the LOC Desk in the Lahti2009 Centre.

All advertising on clothes or bags must comply with IAAF rules and regulations, and any which do not will be confiscated and returned after the event.

All Non-Stadia will have a personal kit storage area near the start line. Bib numbers will be used for identification.

### 13.12 Control of application of regulations

During the Championships, the confirmation of all athletes with the regulations will be supervised by WMA and LOC administrators and the Officials including the WMA Safety Judges. They can be identified by distinctive arm bands.

### 13.13 Safety judges

The WMA Council shall appoint a Safety Judge with authority to withdraw from competition any athlete who is improperly performing the event or whose continued participation in that competition would, in the opinion of the Safety Judge, endanger the athlete's health or the progress of the other competitors. The Safety Judge may exercise his authority through deputies and both the Safety Judge and any deputies shall be clearly identifiable as such.

#### **Safety Judges are necessary to:**

- Ensure that no athlete's health is endangered by the competition or event.
- Ensure that every competitor has the motor skills to compete in the event and maintain the integrity of the event.
- Ensure that program is not delayed unnecessarily or demeaned by the performance of a competitor.
- Ensure that coordination and communication with Medical Services personnel is such that immediate response and actions are taken to safeguard the athletes.

A Safety Team usually consists of at least a WMA Safety Judge and, a Medical representative. Additional Safety Officers may assist.

#### **Safety Judge Disqualification Procedure:**

1. A warning is given to the competitor by means of a yellow card or verbal notice by the Safety Judge or Medical representative.
2. After two warnings have been given to the same athlete, the Safety Judge and the Medical Representative, if available, will meet immediately and must agree as to disqualifying the athlete. The Safety Judge, or Medical representative, will then verbally, and/or by red card, disqualify the competitor. The athlete is then required to immediately abandon the event and leave the area.

These Safety Judges will be clearly identified with arm bands and/or distinctive yellow or orange vests labelled "Safety Judge".

### 13.14 Leaving the competition area during competition

In the qualifying rounds for horizontal jumps and throwing events, when an athlete has reached the qualifying standard, he/she may leave the competition area at the end of the round accompanied by a judge.

In the High Jump and Pole Vault, athletes who have been eliminated may leave the competition area (as above) after the completion of a height, except in the Final whereby the athletes placed first, second and third, will leave together at the end of the event. Toilets are available for athletes during the competition but they should be accompanied by a Judge, Marshall, or other designated attendant.

### 13.15 Combined event procedures

Each Combined Event group will be assigned a Group Leader. Athletes will move from event to event under the direction of their Group Leader. The Group Leaders will be the source of information as to where and when each event will be held. At the completion of each event, either the appropriate Referee if available, or the Group Leaders will check and deliver the results sheets to the appropriate competition secretary for input. The Group Leaders will obtain and announce the results of each event including the running scores to the Group between each event per IAAF rules. The final points totals will be calculated per the WMA Age Grading system for combined

events as shown in the Current WMA Handbook

## 14. PROTESTS AND APPEALS

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### 14.1 Protest

Protests and Appeals must be made in compliance with IAAF/WMA rules as modified below. A Protest is an immediate disagreement about any aspect of any event. An Appeal is the disagreement with a Referee's decision about a Protest. There cannot be an Appeal without a Protest and a Referee decision (or a Referee's direct referral to the Jury of Appeal without making a decision).

Protests concerning the status of an athlete to participate in a championships must be made, prior to the commencement of such competition, to the Technical Delegate(s). Should the matter not be settled satisfactorily before the event, the athlete shall be allowed to compete "under protest" and the matter will be referred to the WMA Council for a final decision.

Protests concerning the conduct of an event, should be made immediately to the Judge, preferably the Head Judge, of the event. Judges should do everything possible to preserve the rights of the Athlete such as provisionally measuring throws, etc.

Protests concerning the results of an event, shall, in the first instance, be made orally to the Referee by the athlete him/herself or by someone acting on their behalf, within two (2) hours of the official announcement (or posting) of the result of that event at the venue where the event was conducted. Referees can be contacted by going to the TIC at the main Lahti Stadium, or the Competition Offices at the Call Rooms of the other venues. The Referee, after investigating the matter will make an oral or written decision, or can immediately pass the matter to the Jury of Appeal (with no deposit required from the protestor).

### 14.2 Appeal

If the protestor is not satisfied with the Referee's decision, it may be appealed to the Jury of Appeal. Since there are several competition sites and there is only one Jury of Appeal at the Main Lahti Stadium, and there are various competition sites, the protest time limits will be two (2) hours after the Referee's decision in all the competition sites (Main Stadium, Radiomaki, Kisapuisto, Nastola, Marathon, Road Walks, and Cross Country).

The Appeal to the Jury must be in writing on the official WMA Appeal Form, signed by the Team Manager, or an official on behalf of the athlete, and must be signed by the athlete themselves. The Appeal must be accompanied by a deposit of US\$ 100 ( EUR 75), or its equivalent, which must be forfeited if the Appeal is not upheld. Appeals to the Jury of Appeals can only be made at the Technical Information Center (TIC) on the second floor of the Lahti2009 Centre across the parking lot from the Main Stadium in Lahti. Appeal forms will be available there.

To arrive at a fair decision, the Jury of Appeal can consult all the available evidence and interview all those whom they consider necessary. The Jury will issue a written decision for each protest and it will be available at the TIC.

## 15. STADIA EVENTS

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### 15.1 Reporting requirements

Athletes do not have to compete in every event that they entered, but they are liable to be banned from further competition if:

- 1. They turn in Declaration Card but do not appear at the Call Room.** They do not have to compete, but must report a bona fide reason for not competing to the Call Room and/or the Referee (example: a written excuse from meet medical personnel is an example of a bona fide reason but certainly not the only one).
- 2. They compete in any round of an event and earn advancement but do not report for next round.** They do not have to compete further, but do have to notify the Referee or the TIC of their intention to withdraw or else be liable for disqualification from further events in the Championships. That notification must be given as soon as possible after qualifying. Any bona fide reason can be the basis for the withdrawal.

All declared competitors must report to the Call Room according to the schedule given in the Event Time Schedule. The event schedule uses the following guidelines for reporting to the Call Room and for leaving the Call Room to go to the Competition Area. All times shown are prior to the actual scheduled start time of the event:

## 12 ENGLISH

Event	Call Room (minutes)	Competition Area (minutes)
Hurdles	30	15
Other Track Events	25	10
Long/Triple Jump	45	30
Throws	45	30
High Jump	60	45
Pole Vault	80	65
Relays	35	15
Combined Events Day 1	35	15
Combined Events Day 2	35	15

### 15.2 Call room procedures (see Appendices A, B, C, & D for locations)

Once in the call room athletes will be identified by their accreditation card and their competition bib numbers. After this is complete, judges will check clothing, shoes, personal belongings, etc. If necessary, competitors will be briefed by Call Room or other officials.

**Competitors, once they have reported, will not be allowed to leave the call room except under the control of Call Room officials. Athletes not complying with these procedures will be disqualified.**

Competitors will be escorted by heats or flights to their respective track or field event area by Call Room personnel. If possible, athletes will be given a general warm-up time and then they will be given a formal warm-up time before the start of the heats or flights. Track athletes will be taken to the unused portion of the track and allowed to do general warm-up there under supervision of the Call Room official, but must not interfere in any way with current races being conducted.

### 15.3 Start commands for running events

Per IAAF rules, the Starter's commands will be given in English. Up to and including the 400m, the following commands will be used:

- **On your marks**
- **Set**
- **(Gun Shot)**

For races of 800m and further, the following commands will be used:

- **On your marks**
- **(Gun Shot)**

*Note: the WMA false start rule exception will be in effect for all races: In any race, individual athletes who are charged with a false start, as determined by the head starter, shall be warned. Individual athletes who are charged with their second false start in the same race, as determined by the head starter, shall be disqualified. This includes the Combined Events.*

### 15.4 Heat seeding and lane draws

In the first round, heat seeding will be in a zig-zag (serpentine) manner per the performances submitted with the entries, or as updated as applicable at the TIC before declaration time, and the lane assignments and heat order shall be drawn by lot.

**In heats that are direct finals, lanes shall be seeded per the performances submitted with the entries.** As can be seen from the following advancement tables, various combinations of place winners ("P") and fastest times ("T") from the current round will advance to the next round. Heat assignments for subsequent rounds will be in a zig-zag manner per IAAF rules. That is: all first places will be seeded first across all the heats. Then all second places, then all third places (if applicable). And then the fastest times qualifying by time will be seeded. Heats will always be run in random order. Members of the same Affiliate should be distributed as evenly as possible in heats that are run in lanes.

First round lane assignments will be random. Lane assignments in subsequent rounds will be per the WMA rule exception shown in the table below.

Fastest time in previous round	Lane 4
Second fastest time in previous round	Lane 5
Third fastest time in previous round	Lane 3
Forth fastest time in previous round	Lane 6
Fifth fastest time in previous round	Lane 2
Sixth fastest time in previous round	Lane 7
Seventh fastest time in previous round	Lane 1
Eight fastest time in previous round	Lane 8

In summary, all WMA heats, after the first round, are assigned by place first and then time, and all lanes are assigned by performance times only from the previous round.

### 15.5 Advancement procedures

Final will consist of 8 individuals in 100, 200, 400, Short Hurdles, and Long Hurdles.

#### WMA OUTDOOR ADVANCEMENT PROCEDURE

##### 8 Lane Tracks (100, 200, 400, Short & Long Hurdles)

Number of Competitors	Preliminary					Quarterfinal					Semifinal					Final
	Heats	Qualifying				Heats	Qualifying				Heats	Qualifying				
1-7																1
8-16										2	3	P	2	T		1
17-24										3	2	P	2	T		1
25-32						4	2	P	8	T	2	3	P	2	T	1
33-40						5	2	P	6	T	2	3	P	2	T	1
41-48						6	2	P	4	T	2	3	P	2	T	1
49-54						7	2	P	10	T	3	2	P	2	T	1
57-64						8	2	P	8	T	3	2	P	2	T	1
65-72						9	2	P	6	T	3	2	P	2	T	1
73-80	10	2	P	12	T	4	2	P	8	T	2	3	P	2	T	1
81-88	11	2	P	10	T	4	2	P	8	T	2	3	P	2	T	1
89-96	12	2	P	8	T	4	2	P	8	T	2	3	P	2	T	1
97-104	13	2	P	14	T	5	2	P	6	T	2	3	P	2	T	1
105-112	14	2	P	12	T	5	2	P	6	T	2	3	P	2	T	1
113-120	15	2	P	10	T	5	2	P	6	T	2	3	P	2	T	1
121-128	16	2	P	16	T	6	2	P	4	T	2	3	P	2	T	1
129-136	17	2	P	14	T	6	2	P	4	T	2	3	P	2	T	1
137-144	18	2	P	12	T	6	2	P	4	T	2	3	P	2	T	1
145-152	19	2	P	18	T	7	2	P	10	T	3	2	P	2	T	1
153-160	20	2	P	16	T	7	2	P	10	T	3	2	P	2	T	1
161-168	21	2	P	14	T	7	2	P	10	T	3	2	P	2	T	1
169-176	22	2	P	20	T	8	2	P	8	T	3	2	P	2	T	1

P = Number qualifying by place in each heat, T = Number qualifying by time from entire round

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### WMA 800 METER OUTDOOR ADVANCEMENT PROCEDURE

Number of Competitors	Quarterfinal					Semifinal					Finals
	Heats	Qualifying				Heats	Qualifying				
1-12											1
13-24						2	2	P	8	T	1
25-36						3	2	P	6	T	1
37-48	4	3	P	12	T	2	2	P	8	T	1
49-60	5	3	P	9	T	2	2	P	8	T	1
61-72	6	3	P	6	T	2	2	P	8	T	1
73-84	7	3	P	15	T	3	3	P	3	T	1
85-96	8	3	P	12	T	3	3	P	3	T	1
97-108	9	3	P	9	T	3	3	P	3	T	1
109-120	10	3	P	18	T	4	2	P	4	T	1
121-132	11	3	P	15	T	4	2	P	4	T	1
133-144	12	3	P	12	T	4	2	P	4	T	1

P = Number qualifying by place in each heat, T = Number qualifying by time from entire round

**1500 METER:** Heats and Finals will consist of 16 individuals in the 1500 with position assignments as below. Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution, ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution based on place first then time per IAAF rules. The curved waterfall start line will be used and positions will be assigned on that line based on competitor's performance times at the most recent stage of the event if applicable, or by seed marks if a direct final. The positions will be the fastest qualifier in position 1, second fastest in position 2 and so on through 16.

### ALL TRACKS (1500 METER)

Number of Competitors	Semifinal					Finals
	Heats	Qualifying				
1-16						1
17-32	2	3	P	10	T	1
33-48	3	2	P	10	T	1
49-64	4	2	P	8	T	1
65-80	5	2	P	6	T	1
81-96	6	2	P	4	T	1
97-112	7	2	P	2	T	1

P = Number qualifying by place in each heat, T = Number qualifying by time from entire round

### 15.6 Timed sections (for races longer than 1500 meters)

In the longer track events (5000 meters and up), age groups with large number of entries will be formed into timed sections, based on the seeding performances declared on the entries with the best performers competing in the last section. Athletes with no seeding performance indication will automatically be placed in the slower sections.

The final results will be combined from all sections of each age group.

**5000 METER AND 10000 METER:** If necessary, the 5000 meter will be ran in timed sections of preferably no more than 24 competitors with the better seeded runners in the final section.

If necessary, the 10000 meter will be ran in timed sections of preferably no more than 27 competitors with the better seeded runners in the final section.

### 15.7 Steeplechase

The specifications and rules for the Steeplechase shall be as per WMA/IAAF Rules.

**2000m SC and 3000m SC:** The Steeplechase will be conducted in sections seeded by performances declared on the entry form as modified by updates to the TIC. The better seeds will be placed in the final section. The sections

will preferably be of 16 or fewer competitors. The final results will be combined from all sections of each age group.

### 15.8 Lap timing and counting

In the distance events there will be a race clock near the finish line, so the athletes may see their times. In addition to transponder timing, lap scorers will be assigned to athletes and will record their lap splits to aid in the placing of the athletes correctly.

When being lapped, competitors should remain in the lane they are in so that sudden lane changes do not interfere with the lapping athletes.

Per WMA rule, athletes may be moved, at anytime within 5 minutes of the scheduled start time of the next race, to the outer lanes, where they must remain until they finish. Also, a series of cones may be used to guide those athletes finishing out of the inside lanes, so as to help the time keepers and lap scorers.

### 15.9 Field events

**JAVELIN:** Javelin specifications will be as per WMA/IAAF rules.

**HAMMER and WEIGHT THROW:** It is required that two hands be used at all time when throwing the Hammer and Weight Throw. Specifications for the hammer and weight shall be as per WMA/IAAF rules.

**VERTICAL JUMPS:** Each vertical jump competition will be conducted as a final (no qualifying round or preliminaries). Various age groups will be combined as necessary. Both feet must be off the ground for at least an instant during the jump.

Competitors are allowed to touch the landing area before clearing the bar during an attempt but may not use the landing area to any advantage as determined by the Field Judge.

Where age groups are combined, the winner of each age group may request special height raises not in the normal progression, but the rest of the competitors may not jump at these special heights but must continue in the normal progression.

**STARTING HEIGHTS AND PROGRESSIONS:** The starting heights and progressions are shown in Appendix K. If all athletes agree, starting heights may be below or above those shown but using the same progression shown. In no circumstance will the starting height be lower than the capability of the equipment or lower than the landing pads.

**HORIZONTAL JUMPS AND THROWS:** If the number of athletes is too large to allow the competition to be conducted satisfactorily in a single final then a Qualifying Round will be scheduled in the Long Jump, Triple Jump, Hammer, Javelin, Discus, Weight, and Shot Put. This Qualifying round will be identified as such on the meet schedule and will be conducted per IAAF rules.

When a qualifying round is held, all athletes shall compete in, and qualify through, that round. Performances in a Qualifying Round count for records, but do not count as part of the competition. Each competitor will have up to three attempts in the Qualifying Round. All those matching or bettering the qualifying standards listed in the Appendix L below, and the additional best performers up to a total of twelve, will advance to the Final. Athletes will not be allowed to jump or throw again in the Qualifying Round once they have achieved the qualifying standard. Qualifiers may leave the competition area at the end of a round if they are escorted by the appropriate Officials.

In the separately scheduled Final, all twelve competitors will have 3 trials in reverse qualifying order, with the best 8 competitors having a further 3 trials in reverse order of the performances up to that point.

*Note: If 12 or fewer competitors report to a Qualifying Round, then the Finals can be conducted at that time scheduled for the Qualifying Round if all athletes consent.*

**THROWS PENTATHLON:** The order of events in the Throws Pentathlon will be the following:- Hammer Throw- Shot Put- Discus Throw- Javelin Throw- Weight Throw. The regulations governing the Weight are the same as the hammer throw, and normal Pentathlon rules apply for trials. The final points totals will be calculated as per the WMA Age Grading system for combined events as shown in the current WMA Handbook.

### 15.10 Implements (including personal implements)

The LOC will provide a number of implements complying with IAAF/WMA specifications for all throwing competitions.

Personal competition implements are permitted as long as they have been submitted to the Main Equipment Room for control in a timely manner. The Main Equipment Room is located on the main floor of the Lahti2009 Centre across the parking lot from the Main Stadium in Lahti. **The deadlines for submittal of personal implements to**

**the Equipment Room are the same as those for declarations** (18:00 day before for those events at 12:00 and before, and 10:00 on the same day for events after 12:00).

Personal implements utilised in the competition may be used by all other competitors in that particular event but no others.

Implements will be returned by meet officials to the Main Equipment Room upon completion of the competition. Personal implements will be returned back to athletes only from the Main Equipment Room. All implements to be used in finals will remain in the Main Equipment Room after the Qualifying Round.

The LOC accepts no liability for the loss or damage of personal implements.

A small number of vaulting poles will be provided for the use of athletes. These poles may be tentatively designated for specific competitions by individual athletes on a first come, first served basis. A sign-up sheet for these poles will be maintained at the Main Equipment Room in Lahti. Please note that the Decathlon will be contested at three different Stadiums simultaneously and this will, of course, affect the availability of the poles.

Starting blocks will be provided by the organisers. Competitors will not be allowed to use their own starting blocks.

### 15.11 Relay teams (Track)

Each Affiliate will be allowed only one relay team in each age group. It is allowable for athletes to compete in a lower age group in relays to make a full team within that lower age group. The age group of any relay team will be that of the youngest member of that relay team. Teams can enter only by submitting an official relay entry form to the TIC located on the second floor of the Lahti2009 Centre across the parking lot from the Main Stadium in Lahti. These entry forms shall be submitted by the accredited Team Manager, no later than 18:00 of the day before the Relays. Those Affiliates with no Team Manager can submit relay entries directly to the TIC. Relay teams of mixed Affiliates, or mixed gender will not be permitted. If you have special circumstances concerning the Relays contact a Referee or the TIC.

#### Relay team categories:

4x100M Each 5 year age group; 35, 40, 45, etc. for both Males and Females.

4x400M Each 5 year age group; 35, 40, 45, etc. for both Males and Females.

### 15.12 Track and road walks

All race walk judges will be qualified in that specialty.

IAAF/WMA Rules and regulations will be in force for deciding the legality of all race walkers. A disqualification board (DQ Board) will be posted for the athletes to see whilst the race is in progress. The board will show the athlete bib number and red card violation symbol(s) that have been received. And in addition will show athlete disqualifications.

Only the Chief Judge or the Chief Judge's assistant may disqualify an athlete. There will be judges throughout the course to watch for any infringement of the rules.

Warning will be given by Judges showing a yellow paddle with the appropriate symbol of the offence. Each Judge can only give one warning and, if the offence persists, the Judges will send a red card disqualification notice to the Chief Judge. When the Chief Judge has received three red cards from Judges from at least three different countries, then the Chief Judge, or his Assistant will disqualify the competitor by showing them a red paddle. Any athletes that are disqualified must immediately leave the track or the road and remove distinguishing numbers. The Chief Judge has the authority to directly disqualify athletes not conforming to the rules in the last 100 meters of the race and the athlete will be allowed to finish the race.

*Note: An athlete may still be disqualified after finishing a race. Abusive behaviour towards the officials will not be tolerated and may result in disqualification.*

### 15.13 Combined events

In the Combined events the height of the High Jump bar will be increased 3 cm throughout the competition and the height of the pole vault bar will be increased by 10cm throughout the competition. The starting heights in each of these events shall be the lowest on the following progression chart that is requested by any participating athlete and that is physically possible on the equipment being used.

The High Jump Progression will be on the following sequence as appropriate: .58, .61, .64, .67, .70, .73, .76, .79, .82, .85, .88, .91, .94, .97, 1.00, 1.03, 1.06, 1.09, 1.12, 1.15, 1.18, 1.21, 1.24, 1.27, 1.30, 1.33, 1.36, 1.39, 1.42, 1.45, 1.48, 1.51, 1.54, 1.57, 1.60, 1.63, 1.66, 1.69, 1.72, 1.75, 1.78, 1.81, 1.84, 1.87, 1.90, 1.93, 1.96, 1.99, 2.02, 2.05, 2.08, 2.11, 2.14,

2.17, 2.20, etc.

The Pole Vault Progression will be on the following sequence as appropriate: .60, .70, .80, .90, 1.00, 1.10, 1.20, 1.30, 1.40, 1.50, 1.60, 1.70, 1.80, 1.90, 2.00, 2.10, 2.20, 2.30, 2.40, 2.50, 2.60, 2.70, 2.80, 2.90, 3.00, 3.10, 3.20, 3.30, 3.40, 3.50, 3.60, 3.70, 3.80, 3.90, 4.00, 4.10, 4.20, 4.30, 4.40, 4.50, 4.60, 4.70, 4.80, 4.90, 5.00, 5.10, 5.20, 5.30, 5.40, 5.50, 5.60, 5.70, etc.

*Note: Competitors must attempt to start or make a trial in all events in the Combined Event to have their results classified.*

Some Age Groups will have more than one Section. Section B, which will start first, will contain the lower scoring individuals or those without a seeding score. Section A will start second and contain the individuals with the highest seeding scores.

If necessary and possible, Sections will be adjusted after the first day of competition with the goal of having the best performers are in the final Section A. Athletes are advised to confirm which Section they are in before leaving on the first day as this will determine what time they will be starting on the second day. All Sections will be combined together to determine overall Age Group results.

### 15.14 Training and practice areas and times

Certain areas are designated for practice only and are shown on the map in Appendix H. These include a long throwing field above the Main Stadium near the largest ski jump. A sprint straight and high jump area at Karpanen School. All venues at Pajulahti Sport Institute near Nastola. A practice area only for javelin at the Kisapuisto Throwing Field see Appendix D. These practice areas normally will not be supervised, so athletes must follow all reasonable safety rules and be aware that they use the areas entirely at their own risk.

There will be a limited amount of practice implements available at the practice fields. Athletes can check these out by depositing a picture ID at the Equipment Room and showing a Lahti2009 Athlete accreditation.

**Absolutely no practice will be allowed on any venue during competition except as indicated on the Training and Practice Schedule below.**

**Suurmäki field\*:** a throwing field above the Lahti stadium, on the left side of the ski-jumps

- Open for practise use 27.7. – 7.8. at 10.00 – 18.00
- Discus, hammer, shot, weight

**Kärpänen track\*:** synthetic running straight and High Jump area

- 27.7. - 7.8. 10.00 – 18.00
- Long Jump, Triple Jump, High Jump, 100m straight (hurdles,blocks)

**Kisapuisto:** javelin practice venue

- 27.– 29.7. 10.00 – 18.00
- 30.7. 10.30 – 13.00
- 2.8. 15.00 – 18.00
- 3.8. 10.30 – 13.00
- 4.8. 13.00 – 16.00
- 6.-7.8. 10.00 – 12.00

**Radiomäki track:** pole vault

- 27.7. 15.30 – 19.30
- 30.7. 14.00 – 16.00
- 1.8. 15.30 – 18.30
- 2.8. 12.00 – 18.00
- 3.8. 11.00 – 16.00
- 6.8. 15.30 – 17.30

**Radiomäki track:** running practice on the track (>200m)

- 31.7. 10.00 – 16.00
- 1.8. 10.00 – 11.30, 17.00 – 19.00
- 2.8. 10.00 – 12.30



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- 3.8. 10.00 – 18.00
- 5.8. 10.00 – 16.00

**Radiomäki track:** steeplechase practice

- 7.8. 10.30-14.30

**Stadium:** three lanes wide by 110 meters long synthetic area in the main stadium just above and adjacent to the backstraight

- 27.7. – 4.8. 10.00 – 18.00
- 6.8. – 8.8 10.00 – 16.00

**Pajulahti Sport Institute:**

- all athletics venues are in practice use for the athletes staying in Pajulahti

*Note: These practice areas normally will not be supervised, so athletes must follow all reasonable safety rules and be aware that they use the areas entirely at their own risk.*

## 16. NON STADIA EVENTS

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### 16.1 Cross country

The Cross Country event take place at Salpausselka which in on the hill above the main stadium adjacent to the largest ski jump (about a 5 minute walk). (See map in Appendix E). Each race is 8 kilometers in length. Each lap is 2 kilometers so there is a total of four laps. The course is set in a gently rolling forested area. There is one water/sponging station per lap. No personal drinks are permitted. Spectators are not allowed on the course. Athletes are not allowed on the course except during their race. Personal kits may be checked at a tent near the start/finish line. And may be retrieved by Bib number. Medical personnel will be on the course and near the start/finish line. Refreshments will be available for purchase near the start line. Portable toilets will be stationed on the course and at the start/finish area.

Results will be available at the venue, but the awards will be presented at the awards area at the main Lahti Stadium per awards times on the Event Schedule.

### 16.2 Road walks

The Road Walks will take place at the Fellmanni Park located just down the street towards downtown near the Main Stadium in Lahti (see map in Appendix F)

Water and sponge stations will be provided as per WMA/IAAF Rules and Guidelines.

Athletes with their own refreshment, clearly marked with their race number, must make sure that they are handed in before the start of the event, on the reserved tables in the Refreshment Area. Special tables will be provides for these personal drinks.

Maximum of 2 officials from the athlete's country may be stationed at the table to give and collect any drinks bottles.

There will be a digital clock showing the running time near the start/finish line on each lap.

Medical personnel will be on the course and near the start/finish line. Portable toilets will be stationed on the course and at the start/finish area.

Refreshments can only be handed out to athletes at the official refreshment areas.

### 16.3 Marathon

The Marathon will start at the same Fellmanni Park as the Road Walks. The Park is located just down the street towards downtown near the Main Stadium in Lahti (see map in Appendix G).

The race will consist of two circuits of an approximately 21 km loop.

Bags with name and bib number tags may be left at the Call Room tent at the Park where they will be controlled for the athlete's collection with his bib number.

Water and sponge stations will be provides as per WMA/IAAF Rules and Guidelines.

Athletes with their own refreshment must make sure that they are handed in at least 1 hour before the start of the event, clearly marked with their bib number, and the water station at which they wish them to be placed. Special tables will be provides for these personal drinks.

The maximum time limit for the marathon is 6 hours. Any athletes not reaching the half way point within 3

hours must retire from the course at that time. No one will be allowed to accompany athletes on bicycles or by any other means. Refreshments can only be handed out to athletes at the official refreshment areas.

Results will be available at the venue, but the awards will be presented at the awards area at the main Lahti Stadium per awards times on the Event Time Schedule.

## 17. ORGANIZATIONAL MATTERS

### 17.1 Opening ceremony

The Opening Ceremony will take place at 19:00 – 20:00 on Monday 27 July 2009 at the Market Place at the Town Centre in Lahti. The program will consist of a formal program, and then entertainment.

All participating affiliate delegations (all athletes and administrators) and all Technical Officials are requested to take part in the opening ceremony. The athletes shall be in their approved uniform, and the organizers request that everyone will carry a little flag of their own country in their hands.

Teams and Affiliate delegations will arrive at the Market Place freely and they will leave the venue also freely after the ceremony.

### 17.2 Closing ceremony

The Closing Ceremony will take place in the Lahti Main Stadium immediately following the completion of the Relays and Relay awards on Saturday 8 August 2009. The Ceremony is anticipated to be approximately 18:00.

The official handover of the WMA Flag from Lahti; to Sacramento (USA) will take place during this ceremony and we invite as many team members as possible to take part in the final get together and farewell!

### 17.3 Medical and physiotherapy services

**MEDICAL SERVICES:** The Local Organizing Committee (LOC) Medical Services will provide attention to athletes during the competitions at all the venues and non-stadia events, 1 hour prior to the start and 1 hour after the end of the last competition. First aid services will only be available when there is scheduled competition at a venue. This service will be free of charge. However, it will be the athlete's responsibility to pay for any additional specialized services including emergency room and medical specialist consultation, hospitalization, surgery, medical procedures, laboratory, x-rays or special studies and physical therapy treatments. It is strongly suggest that all athletes have their medical insurance available or some means to be able to cover the costs of any of these medical services if necessary. A medical screening and referral service will be available, including an 'on-call' telephone number. For physical therapy treatments the athletes will be referred to a Sports Medicine Clinic in Lahti. Information regarding these services will be available at the Lahti2009 Centre and at the venues.

There will be an on-call Doctor for emergencies available 24 hours daily for emergency requests. The number for emergencies is 112.

All athletes are responsible to pay for all hospital and medical treatment and doctor prescribed drugs beyond the first aid in the immediate competition area.

**MASSAGE SERVICES:** Massage and physiotherapy services will be offered for sale and individual Affiliates' massage and physiotherapy personnel will be located on the main floor of the Lahti2009 Centre. It will be necessary to book for an appointment.

### 17.4 Anti-doping control

WMA, through the Lahti LOC has engaged the services of the Finnish Anti-Doping Agency to undertake drug testing as part of the WMA Stadia Championships. Drug testing will be conducted under the IAAF/WMA Rules that comply with the provisions of the World Anti-Doping Agency (WADA).

#### Testing Procedures

The selection of athletes for testing is randomly made and any athlete regardless of their age and sex and the type of event in which they are participating may be chosen. The Procedural Guidelines established by WADA are strictly adhered to in the testing of all athletes.

If you are selected for a test you will be advised of this fact by a drug testing official who will be clearly identified and accredited as part of the testing team. You will be informed of your selection to undergo a doping test and the drug testing official will then escort you to the testing control area. The testing procedure will be fully explained to you and you may request information on any matter about the drug testing procedure.

**ATHLETE'S RIGHTS:** An athlete is normally advised of their selection for a drug test immediately after they have completed an event. The drug testing official who advises you of the selection will then remain with you until such time as you are presented at the testing control area.

You may nominate another person (one only) to accompany you to the drug testing process.

With the consent of your drug testing official, and at all times in full view of the official, you may:

- Attend a victory ceremony
- Compete in future events
- Receive necessary medical attention
- Fulfil media commitments
- Warm down (cool off) or recuperate

**ATHLETE'S RESPONSIBILITIES:** It is the athlete's responsibility to ensure that the following is done during the sample collection process:

- You are aware of and comply with the IAAF/WMA/WADA doping control regulations
- You comply with the drug testing procedure
- You control the urine sample until it is sealed in the sample collection kit
- The sealed sample collection kit is secured and identified
- All appropriate documentation is accurate, complete and signed

*Note: If any part of the drug testing procedure concerns you it is recommended that you record your concern on the drug testing form and notify your Team Manager or Federation. If you have been granted a TUE (abbreviated) you should provide details on the drug testing form.*

**TEST RESULTS AND SANCTIONS:** If your test result is negative you will hear nothing further. If your test sample 'A' returns a positive result you will be immediately contacted and given the opportunity to provide an explanation and to have the 'B' sample tested (at your expense). You may waive your rights to supply this information or to have the 'B' sample tested.

It should be noted that should you be selected for a test and do not comply with a request to provide a sample that sanctions may be applied.

*Note: The LOC does not conduct hearings or apply sanctions. Positive tests will be reported to your National Federation/ Association for their follow up within the provisions of the Anti-Doping Rules. In some circumstances the WMA will be responsible for this process.*

### 17.5 WMA handbooks

As a one-time special service to athletes, the WMA Council has arranged for a supply of approximately 2,000 copies of the informative WMA Handbook, 2nd Edition, to be available free of charge at the registration area on a first come, first served basis. The 4-language WMA Handbook (English, French, Spanish, German) provides a listing of current office holders, WMA's Constitution and Bye-Laws, Rules of Competition including technical specifications, and a short history overview of all championships to date. Interested athletes are requested to collect only one copy each.

### 17.6 Transportation plan (for routes see appendix I)

Continuous loop transportation will be furnished from the Main Stadium in Lahti to the second stadium at Radiomäki and continuing on to the Throwing Field at Kisapuisto and back to the Main Stadium from 2 hours before the first scheduled event until one hour after the last event of the day finishes.

There will be regular transportation from the designated Lahti hotels to and from the Main Stadium.

There will be scheduled transportation from the Main Stadium in Lahti to Nastola on the days that there is competition there. This transportation will leave the Main Stadium once every hour, starting 2 hours before the competition is scheduled to start and ending 1 hour after the last competition is finished.

For those that have purchased transportation tickets, there will be scheduled transportation from the housing areas outside of Lahti to the Main Stadium in Lahti.

There will be special transportation for the Opening Ceremony, Athletes Party, the Regional and Committee Meetings, the General Assembly and the Closing Ceremony.

### 17.7 Regional and committee meetings: 31 July 2009

WMA Regional and Committee meetings will be held Friday 31st July.

**Location: The Kongressikeskus Fellmanni (Congress Centre), Kirkkokatu 27, Lahti.**

**Fellmanni is located in the midtown area near the theatre.**

Please arrive timely to permit an orderly start of the meetings. The same room may be scheduled for use by subsequent meetings. The assigned rooms for your meeting will be clearly identified.

Food will not be provided by WMA. Restaurant facilities are available at the venue and also nearby.

09.00h	Europe, North & Central America and Caribbean,
10.30h	Africa, Asia, Oceania, and South America.
12.00h	Stadia Committee
12.00h	Law and Legislation
13.30h	Records Committee
14.30h	Non Stadia Committee
14.30h	Anti-Doping & Medical Committee;
15:30h	Organizational and Advisory Committee
16.00h	Women's Committee
17.30h	WMA Council and Regional Councils meeting

## 17.8 WMA general assembly meeting: 5 August 2009

The General Assembly (GA) to be held on Wednesday 5th August.

**Location: The Kongressikeskus Fellmanni. (Congress Centre) Kirkkokatu 27, Lahti.**  
**Fellmanni is located in the midtown area near the theatre.**

- **The meeting will start promptly at 09.00**
- Registration will start at 07.30 and finish at 08.30
- All delegates must be seated by 08.50

### **Please arrive punctually.**

Registration will include distribution of headsets for language translations and electronic voting equipment which are individually signed out against your ID deposit and must be returned at the end of the Assembly. Seats are assigned by Affiliates.

Your registration package will include a copy of the WMA Handbook, 2nd Edition, and a hard copy of the General Assembly booklet that lists the Agenda for the Meeting, all motions to be voted upon at the Assembly, and the CV's of the candidates standing for election.

During registration there will be complimentary light refreshments and biscuits available.

Registered delegates will be served a luncheon. Guests to the Assembly may privately use the restaurant facilities at the venue.

## 17.9 Attachés

Attachés are foreign language skilled assistants to the athletes, the competition organization and the guests. Attachés can be reached from Sports Centre's and sport venues' info desks. If you need translation help, contact the attachés' info desks.

### **Helsinki-Vantaa Airport info desk opening hours**

26.-29.7 from 07:00 to 23:00,  
 30.-31.7 from 12:00 to 20:00.

Lahti2009 Centre info desk follows the hall's opening hours on 25.7 – 8.8.

Stadium's info desk is located grandstand building's ground floor, stair 2.

Info desks in Kisapuisto, Radiomäki and Nastola's sports venues.

Stadium's grandstand and sports venues' info desks are open from one hour before the first event to the completion of last event.

## 17.10 Athletes' party

The Athletes' Party will be held on the beach of Lake Vesijärvi at the Sibelius Hall on August 4th at 19:00. The very famous Finnish artist, Laura Voutilainen will give her show and there will also be other musical entertainment and good food. Transportation is scheduled to be provided to and from the venue. For details please refer to the Transportation Map (Appendix I) and the Transportation Time Table. A rich entertainment program is planned with much room for athletes socializing.

## 18. APPENDICES

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Appendix A1: Map of the area

Appendix A2: Map of the Lahti Main Stadium

Appendix B: Map of Radiomaki Stadium and area

Appendix C: Map of Nastola Stadium and area

Appendix D: Map of Kisapuisto Throwing Field and area

Appendix E: Map of Cross Country Course

Appendix F: Map of Road Walking Venue

Appendix G: Map of Marathon Route

Appendix H: Map of City of Lahti including Training Fields

Appendix I: Map of Transportation Routes

Appendix J: Table of Transportation Times (supplied separately at a later time)

Appendix K: Vertical Jumps Starting Heights & Progressions

Appendix L: Qualifying Standards for Qualifying Rounds

Appendix M: Hurdle Specifications

Appendix N: Implement Specifications

Appendix O: Map of Lahti2009 Centre

### Appendix K : Vertical Jumps Starting Heights &Progressions

**MEN:** Each age group will start at the minimum starting height listed in the table below or at any progression above that all athletes agree upon. For example : M35 HJ age group may start at the listed 1.63, or 1.69, or 1.75, etc. if all competitors agree. The competition will then proceed with the progression listed. When there are three, or less, competitors left in the competition at a new height, the progression will reduce to 'Last Three'. Example : when there are three or less left in the M35 HJ competition at a new height, the progression will reduce from 6 cm to 3 cm. The starting height may be lower (with the same progression) if all competitors agree. For example: M35 HJ could start at 1.57 if someone requested and all competitors agreed.

**WOMEN:** Each age group will start at the minimum starting height listed in the table below or at any progression above that all athletes agree upon. For example : F35 HJ age group may start at 1.32, or 1.38, or 1.44, etc. The competition will then proceed with the progression listed. When there are three, or less, competitors left in the competition at a new height, the progression will reduce to 'Last Three'. Example : when there are three or less left in the F35 HJ competition at a new height, the progression will reduce from 6 cm to 3 cm. The starting height may be lower (with the same progression) if all competitors agree. For example: F35 HJ could start at 1.26 if someone requested and all competitors agreed.

### Appendix L: Qualifying Standards

The following shall be the minimum performances for automatic qualification from a Qualifying Round into the Finals of the event. All those that make this performance, or better, will advance and will not be allowed to take any further attempts in the Qualifying Round.