

Athletic Association of Ireland



TEAM INFORMATION MANUAL

**European Cup
Second League
Group "A"**

**Banska Bystrica
Slovakia**

17-18th June 2006



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Message from Team Manager

Patsy Mc Gonagle:

Congratulations on your selection to compete for Ireland in League 2 in Banska, Slovakia on June 17th and 18th.

It provides the challenge to battle for promotion to league one for season 2006/2007 and more competitive environment as we look forward both personally and as a team unit.

It's an exciting challenge in an unusual Team Ireland Track and Field atmosphere and no doubt you are looking forward to the occasion.

My self and the other members of the team management are honoured to lead and support you and I look forward to working successfully with you all as we chase every available point and the outcome promotion.

Best wishes
Patsy Mc Gonagle

TEAM MANAGEMENT

Team Manager	Patsy Mc Gonagle	074 9190444
Team Coach	John Stacey	0867-6318900
Team Coach	Sean Kyle	02825 652424
Team Coach	Paddy Fay	086 2354259
Team Physio	Naimh Kissane	

Please ensure to bring a letter from your physio with you if you have a current injury. Also make sure your physio makes contact with Niamh.

TRAVEL DETAILS

Outgoing Flight

Thursday June 15th AERLINGUS

DEP DUBLIN 14:50 FLIGHT EI 676 ARR BUD 18:45

Return Flight

Monday June 19th

DEP BUD 19:40 FLIGHT EI 677 ARR DUBLIN 21.50

MEETING UP

***** MEETING TIME 12.30 AERLINGUS CHECK IN AREA**

****PLEASE NOTE THAT WE ARE TRAVELING AS A GROUP
SO WE CANNOT CHECK IN UNTIL EVERYONE IS PRESENT**

***DON'T FORGET YOUR PASSPORT**

EVENT DETAILS

Further information can be found at www.dulka.sk

Timetable

Saturday 17.06.2006

14,30		Pole Vault W	Hammer M	
15,45	Opening Ceremony			
16,15	400m Hurdles W		Long Jump M	Javelin W
16,30	400m Hurdles M			
16,45	100m W			
16,55	100m M			
17,10	800m W			
17,25	1500m M	High Jump M		Shot Putt M
17,40	400m W			
17,50	400m M		Discus W	
18,00	3000m W		Triple Jump W	
18,20	5000m M			
18,45	3000m Steeplechase W			
19,05	4x100m W			
19,15	4x100m M			

Sunday 18.06.2006

14,00		Pole Vault M	Hammer W	
14,30			Long Jump W	
15,00	100m Hurdles W			
15,30	110m Hurdles M			Javelin M
15,50	800m M			
16,05	1500m W			Shot Putt W
16,25	3000m Steeplechase M		Triple Jump M	
16,45	200m W	High Jump W		
16,55	200m M			
17,10	5000m W			Discus M
17,40	3000m M			
18,00	4x400m W			
18,10	4x400m M			

COMPETITION VENUE



The Competition will take place in the Stadium SNP in Stavnicky

COMPETITION ARENA

- 8 LANES
- 1 HIGH JUMP SITE
- 1 POLE VAULT SITE
- 2 SITES FOR TRIPLE/LONG JUMP
- 1 SHOT PUTT CIRCLE
- 1 DISCUS CURCLE
- 1 HAMMER CIRCLE
- 1 JAVELIN CIRCLE

THE WARM-UP AREA

The warm-up area is situated near the competition arena and provides the following facilities:

- Track 90m Long with 4 Lanes
- 1 Shot putt circle
- 1 Discus Circle
- 1 Hammer Circle
- 1 Javelin site

Training

Athletes will have the possibility to train in the competition stadium as follows:

June 16th 2006 03.00pm-06.00pm

COMPETITION PROCEDURES

ATHLETES' REPORTING TIMES

Report to the Call Room will be according to the following schedule. All times are prior to the actual starting time for the event.

Event	Entry to Call Room	Leaving the Call Room to Comp Site
	(minutes)	(minutes)
Running events (except hurdles)	20	15
Hurdles	25	20
Long Jump, Triple Jump	40	35
High jump	40	35
Hammer, Shot, Javelin, Discus	30	25
Pole Vault	60	55

STARTERS COMMANDS

The starter's commands will be given in the Slovak Language. Up to and including 400m, the following commands will be used:

- Pripravte sa
- Pozor
- Fire

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

- Pripravte se
- Fire

For any reason the starter wants you to halt the command is:

- Vstane (stand up)

DOPING CONTROL

Doping control shall be conducted in accordance with IAAF Procedural Guidelines for Doping Control under the supervision of the EAA Doping Control Delegate.

Athletes who fail to sign the doping control notification form or fail to present themselves for doping control within one hour after the announcement will render themselves liable to disqualification.

Closing Banquet

The closing banquet will take place on Sunday June 18th at 8.00pm in the house of Culture in Banska Bystrica.

TEAM ACCOMMODATION

Hotel LUX – 3 km from Stadium

Namestie slobody 2, 974 01 Banska Bystrica, Slovakia
Tel: + 421 48 4144141-5 Fax: +421 48 4143853

Hotel Dixon-1 km from stadium

Svermova 32,97401 Banska Bystrica, Slovakia
Tel: +421 48 4130808 Fax: +421 48 4231191

Hotel Sachticka-12 km from stadium

Tel: +421 48 4141911 Fax: +421 48 4145670

Hotel Kaskady-12 km from stadium

Letecka 12,962 11 Sliac, Slovakia
Tel: +421 45 5441122 Fax: +421 45 5442883

An information desk will be located in the lobby of each hotel.

Once confirmed which hotel the Irish Team will stay in, we will forward on information.

TRAVEL TIMES

A regular bus shuttle will be provided between the team hotels, training venues, social functions, the technical meeting and the competition venue.

MEALS

All meals will be served in buffet style . Accreditation cards together with meal vouchers will allow access to the meals. For lunch and dinner one soft drink will be available free of charge for lunch and dinner all other drinks must be paid for.

Meal	Time
Breakfast	07:00-09:00
Lunch	11:00 - 14:00
Dinner	18:00 – 21:00

SOME CZECH...

English	Czech
Good morning.	Dobré ráno. (or: Dobrý den).
Good afternoon.	Dobré odpoledne.
Good evening.	Dobrý večer.
Good night.	Dobrou noc.
How are you today?	Jak se máte?
Good bye.	Nashledanou.
Hi.	Ahoj. (Čau. Nazdar.)
Thank you.	Děkuji.
You are welcome.	Prosím.
Cheers!	Na zdraví!
Beer (Beer please.)	Pivo (Jedno pivo.)