

# **Athletic Association of Ireland**



## **TEAM INFORMATION MANUAL**

**European Cup  
Division 1**

**Prague**

**17-18<sup>th</sup> June 2006**



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# Message from Team Manager

It is my privilege to be appointed to manage the Irish Women's team to Prague for the Div.1 match in this prestigious event, and I would ask each and every one of you to make your match goal one of a personal best performance, and a place in the top half of each competition. !

I know this is a big ask but you are ALL quality athletes who have trained hard to make the team, and will perform to the top of your ability. I look forward to a great week-end of top-level competition, with friendship and support for each other in this most beautiful city. So let's GO FOR IT !!!

Maeve (Kyle)  
Team manager

Prague 2006

## TEAM MANAGEMENT

<b>Team Manager</b>	Maeve Kyle	04825656471
<b>Team Coach</b>	Stephen Maguire	087-9830569
<b>Team Coach</b>	Lucy Moore	087-6858126
<b>Team Coach</b>	John Sheehan	086-8548428
<b>Team Physio</b>	Nessa Smith	087-8343261

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 Nessa.

# TRAVEL DETAILS

## Outgoing Flight

Thursday June 15<sup>th</sup> AERLINGUS  
DEP DUBLIN 16:15 FLIGHT 646 ARR PRAGUE 19:45

## Return Flight

Monday June 19<sup>th</sup> AERLINGUS  
DEP PRAGUE 20:25 FLIGHT 647 ARR DUBLIN 22:00

## MEETING UP

**\*\*\* MEETING TIME 2:00PM 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.ecprague2006.cz](http://www.ecprague2006.cz)

## Timetable

### Saturday, June 17

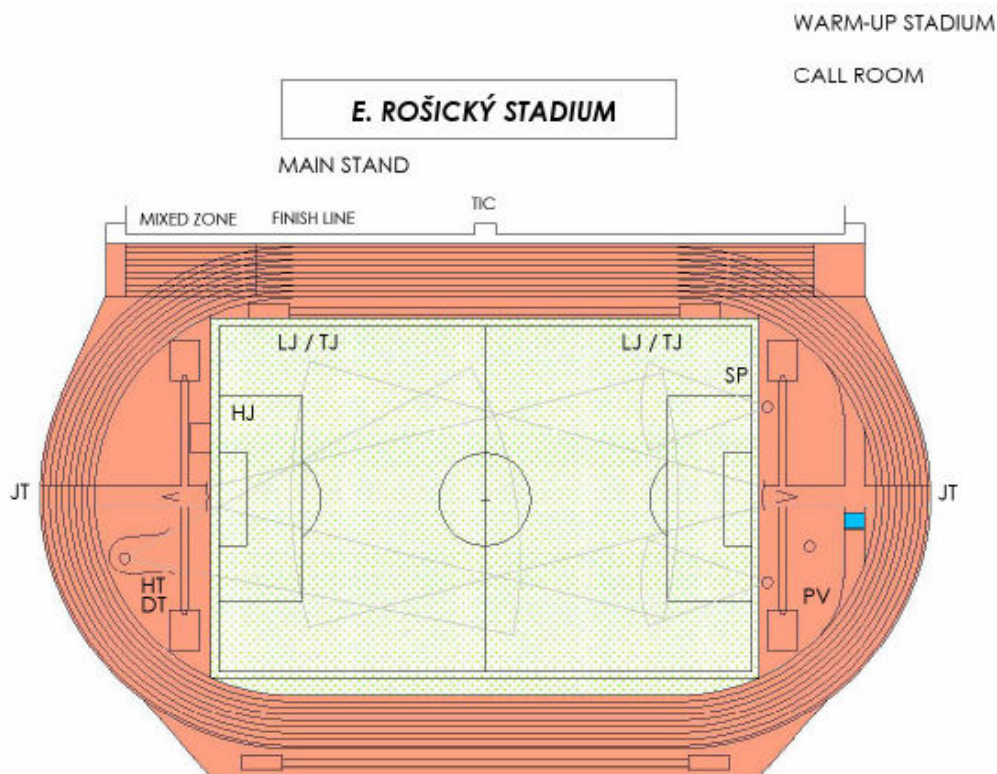
13:45			Hammer Throw M
14:45		OPENING CEREMONY	
15:00	400m Hurdles W		
15:05		Pole Vault W	
15:15	400m Hurdles M		
15:25		Long Jump M	
15:30	800m W		
15:40	100m W		
15:45			Discus Throw W
15:50	100m M		
16:10	1500m M		
16:15		High Jump M	
16:25	400m W		
16:30			Shot Put M
16:35	400m M		
16:40		Triple Jump W	
16:50	3000m W		
17:00			Javelin Throw W
17:10	5000m M		
17:35	3000m Steeple W		
18:00	4x100m W		
18:10	4x100m M		

### Sunday, June 18

13:45			Hammer Throw W
15:00		Pole Vault M	
15:05	110m Hurdles M		
15:10		Long Jump W	
15:20	800m M		
15:30			Discus Throw M
15:35	1500m W		
15:50	3000M Steeple M		
16:00		High Jump W	
16:10			Shot Put W
16:15	100m Hurdles W		
16:25		Triple Jump M	
16:30	200m W		
16:40	200m M		
16:45			Javelin Throw M
16:50	5000m W		
17:15	3000m M		
17:35	4x400m W		
17:45	4x400m M		
18:15		VICTORY CEREMONY	

# COMPETITION VENUE

The Competition will take place in the E. Rosický Stadium. Only the team manager will be able to visit the competition venue prior to competition.



## COMPETITION ARENA

- Regupol Track Surface
- 200m oval track (6 lanes)
- 60m straight (8 lanes)
- High Jump site
- Pole Vault site
- Long/Triple Jump (2 sites)
- Shot Put (mobile sector)

## THE WARM-UP AREA

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

- Regupol Track Surface
- 60m straight (8 lanes)
- Weight training room

Call Room times will be displayed on SEIKO electronic Call-up boards and announced by means of an appropriate PA system.

## **TRAINING**

Athletes will be able to train in the Stadium Pratelstvi.

Opening Hours as follows:

Day	Time
Thursday June 15 <sup>th</sup>	15:00 – 19:30
Friday June 16 <sup>th</sup>	09:00 – 19:00
Saturday June 17 <sup>th</sup>	09:00 – 12:00
Sunday June 18 <sup>th</sup>	09:00 – 12:00

Weight training facilities are also available here.

## **COMPETITION PROCEDURES**

### **CALL ROOM (Olympiysky Warm-up Area)**

The first call for competitors will be made at the exit point from the warm-up stadium. Athletes must report to both the call room and the last check point.

### **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	Depart Call Room	Last Check Point
	(minutes)	(minutes)	(minutes)
Running events	25	15	10
Hurdles	30	20	15
LJ, TJ, HJ	45	35	30
SP, DT, JT	45	35	30
Hammer	55	45	40
Pole Vault	70	60	55

## **STARTERS COMMANDS**

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

- Pripravte se
- Pozor
- Fire

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

- Pripravte se
- Fire

## **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.



# TEAM ACCOMMODATION

All teams will be accommodated in the following hotel:

## **Top Hotel Prague**

Blazinska 1781/4, 149

00 Praha 4

Tel. + 420 267 284 111

Fax + 420 272 765 854

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

## **TRAVEL TIMES**

The travel time between the hotel and the competition venue is 25-35 minutes.

## **MEALS**

All meals will be served in the hotel. Accreditation cards together with the hotel registration card will allow access to the meals. Water will be available free of charge for lunch and dinner all other drinks must be paid for.

### **Thursday June 15**

Meal	Time
Lunch	12:00 - 14:00
Dinner	19:00 - 22:00

### **Friday - Sunday June 16 - 18**

Meal	Time
Breakfast	06:30 - 10:00
Lunch	11:00 - 14:00
Dinner	19:00 - 22:00

### **Monday - June 19**

Meal	Time
Breakfast	06:00 - 10:00

## 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.)