

Text on Tuesday, 17th May 2011

27th World Mountain Running Championships

11th September 2011

Tirana, ALBANIA

<http://wmrc2011.al>

TEAM MANUAL

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I. GENERAL INFORMATION

I.1. Contact of the Organising Committee

The IAAF Member in Albania will be the Organising Committee:

Federata Shqiptare e Atletikës

Rruga "Dervish Hima", Nr. 31

AL-1010 Tirana

E-Mail: alb@mf.iaaf.org & fsha@live.com

Tel/Fax: +355 (0) 4 2 223 414

Mob.: +355(0) 67 22 63 375 (Mr. Mikel Hasko – Accreditation Coordinator)

Web: <http://wmrc2011.al/>

I.2. Honorary Organising Committee

1	Sali Berisha	Prime Minister of Republic of Albania
2	Ferdinand Xhaferraj	Minister of Tourism, Culture, Youth and Sports
3	** to be appointed **	Mayor of Tirana
4	** to be appointed **	Vice Mayor of Tirana
5	Lamine Diack	IAAF President
6	Sergey Bubka	IAAF Senior Vice President
7	Pierre Weiss	IAAF General Secretary
8	Otto Klappert	IAAF Representative
9	Bruno Gozzelino	WMRA President
10	Gjergj Ruli	AAF President
11	Nikolin Dionisi	AAF General Secretary
12	Ferdinand Canaj	Director of LOC Albania

I.3. IAAF Representatives

1	Lamine Diack	President	SEN
2	Sergey Bubka	Senior Vice President	UKR
3	Pierre Weiss	General Secretary	FRA
4	Otto Klappert	Cross Country Committee Chairman	GER

I.4. WMRA Council

1	Bruno Gozzelino	President	ITA
2	** to be appointed **	General Secretary	
3	Nancy Hobbs	Treasurer	USA
4	Raimondo Balicco	Director of Competition	ITA
5	Wolfgang Münzel	Director of Organisation	GER
6	Erhan Basoglu	Director of Marketing	TUR
7	Tomo Šarf	Director of Development	SLO
8	Galia Puhaleva	WMRA Council Member	BUL

I.5. WMRA Delegates

1	Bruno Gozzelino	Organisational Delegate	ITA
2	Raimondo Balicco	Technical Delegate	ITA
3	Jury of Appeal	** to be appointed **	

I.6. Executive Board of FShA

1	Gjergj Ruli	President
2	Nikolin Dionisi	General Secretary
3	Ajet Toska	Member
4	Arben Milloja	Member
5	Artur Velaj	Member
6	Ferdinand Canaj	Member
7	Koço Mulla	Member

8 Oltion Luli Member

1.7. Technical Organising Committee

1	Gjergj Ruli	Executive Director
2	Sabah Jemishta	Organisations Director
3	Eno Bushi	Legal Adviser
4	Fidal Itali	Director of Electronic
5	Granit Skënderi	Technical Director of Races
6	Sokol Morina	Race Coordinator
7	Ferdinand Canaj	Medical and Judges Red Cross Director
8	Meli Ostreni	Director of Doping Control
9	Bardha Gjaci	Director of Congress Organisation
10	Shpresa Sula	Coordinator of Foreign Relations
11	Xhevdet Zeka	Director of Media
12	Albana Velianj	Director of Publications
13	Gëzim Panariti	Director of Finance
14	Igli Binjaku	Finance Coordinator
15	Nikolin Dionisi	Director of Accommodation
16	Bujar Begeja	Director of Transport and Hosting
17	Keida Ushtelenca	Director of Volunteers
18	Kliton Muça	Director of Ceremony and Protocols
19	Filip Nito	Judges Director
20	Gëzim Çakëri	Accreditation Director
21	Mikel Hasko	Accreditation Coordinator

2. GENERAL PROGRAM

2.1. Timetable

Thursday, 8th September 2011

All day	Arrival of non-European teams at the international airport "Mother Teresa" in Tirana
14.00 – 22.00	Accreditation at the hotel in Durrës, (beach)
19.00 – 22.00	Dinner at the hotel

Friday, 9th September 2011

07.00 – 10.00	Breakfast of the non-European teams at the hotel
09.00 – 22.00	Accreditation of the teams at the hotel in Durrës (beach)
09.00 – 12.00	Visit of the course of the non-European teams
12.00 – 15.00	Lunch of the non-European teams at the hotel
All day	Arrival of European teams at the international airport "Mother Tereza" in Tirana
14.00 – 22.00	Accreditation at the hotel in Durrës (beach)
15.00 – 18.00	Visit of the track for all the teams
15.00 – 18.30	Meeting of the WMRA Council at "Tropikal Resort" hotel in Durrës (beach)
19.00 – 22.00	Dinner at the hotel

Saturday, 10th September 2011

07.00 – 10.00	Breakfast at the hotel
09.00 – 12.00	28 th WMRA Congress at "Tropikal Resort" hotel in Durrës
09.00 – 11.00	Visit of the course for all the teams
12.00 – 15.00	Lunch at the hotel
15.00 – 16.00	Technical meeting

16.15	Departure from the hotel to Tirana
17.15	Tirana: Forerun on the “Dëshmorët e Kombit” Boulevard and entrance in the VIP hall at “Pallati i Kongreseve” in Tirana for the opening ceremony
18.30	Return to hotel
19.30 – 22.00	Dinner at the hotel

Sunday, 11th September 2011

06.00 – 10.00	Breakfast at the hotel
06.30 – 10.30	Departure from hotel to the Start of the Races in Tirana
09.15	Junior Race (women)
10.00	Junior Race (men)
11.00	Senior Race (women)
12.00	Senior Race (men)
	Approximately 15 minutes after the end of the race there will be a flower ceremony for the first three individual winners in each category.
13.00 – 14.30	Return to hotel
14.00 – 16.00	Lunch at the hotel
16.30	Travel to Tirana for victory and closing ceremony
17.30	Press conference in Tirana for the world champions
18.00	Victory ceremony and closing of the activity with handover of the WMRA flag to the host country of the 28 th WMRC 2012
20.00	Farewell party at “Tropikal Resort” hotel in Durrës
22.00 – 23.30	Return to hotel

Monday, 12th September 2011

06.00 – 10.00	Breakfast at the hotel
All day	Departure of the teams to their countries

NOTE

- Every meal will be held at the hotel, except the farewell party on September 11th
- For any enquiry of any kind, there will be a technician at the hotel
- If wished and requested by the teams, the LOC may be able to organise some touristic and sightseeing tours (*Kruja City, the Amphitheatre of Durrës, etc.*).

2.2. Participating Federations

(available after deadline of final entries)

2.3. Host City Tirana

Tirana is the capital and the largest city of Albania. Modern Tirana was founded as an Ottoman town in 1614 by Sulejman Bargjini, a local ruler from Mullet, although the area has been continuously inhabited since antiquity. Tirana became Albania's capital city in 1920 and has a population of over 600.000. The city is home to many universities and is the center of the political, economic, and cultural life of the country.

The Municipality of Tirana lies on the river Ishëm, about 32 kilometers (20 mi) inland and is located at (41,33°N, 19,82°E) in Tirana District, Tirana County. Tirana's average altitude is 110 meters (361 ft) above sea level and its highest point measures 1.828 m (5.997,38 ft) at Mali me Gropa. The city is on the same parallel as Naples, Madrid and Istanbul and on the same meridian as Budapest and Krakow. In addition to Ishëm, the Tirana River also runs through the city, whereas the Lana River that runs through much of the city is a brook. The city also contains a total of four artificial lakes: the *Tirana Artificial Lake* around which was built the Big Park, the *Kodër-Kamëz Lake*, *Farka Lake*, and *Tufina Lake*.

The area now occupied by the city of Tirana has been populated since Paleolithic times dating back 10.000 to 30.000 years ago, as evidence by tools that were found near Mount Dajt's quarry terrain, as well as

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inside the Cave of the Pellumba. As argued by various archaeologists Tirana and its suburbs are filled with Illyrian toponyms and legends as the city's precincts are some of the earliest regions in Albania to be inhabited.

Various remains discovered in fortresses, churches, villages, and during urban constructions in and around Tirana provide evidence for continuous activity throughout much of human history. The oldest discovery in the area of Tirana was a mosaic, dating back to the 3-rd century A.D., with several other remains found at the Fountain of Shengjin near a medieval temple. A castle, possibly called *Tirkan* or *Theranda*, was built by Emperor Justinian in 520 AD and restored by Ahmed Pasha Toptani in the 18th century. The area had no special importance in Illyrian and classical times. In 1510, Marin Barleti, an Albanian Catholic priest and scholar, in the biography of the Albanian national hero Skanderbeg, *Historia de vita et gestis Scanderbegi Epirotarum principis* (*The story of life and deeds of Skanderbeg, the prince of Epirotes*), referred to this area as a small village.

On February 8, 1920, Tirana was chosen as the temporary capital of Albania, which had acquired independence in 1912, by the Congress of Lushnjë. The city retained that status permanently on December 3, 1925. From 1920 to 1924 Tirana experienced attacks from the army of the Kingdom of Serbs, Croats and Slovenes and the forces of Zogu at the Shkalla e Tujanit (Step of Tujan). The first regulatory plan of the city was compiled in 1923 by Eshref Frashëri, and completed by the Geographic Institute of Florence. Durrës Street was opened in 1922 and called *Nana Mbretneshë* (Mother Queen). Many houses and surrounding properties were demolished to make way for it. In 1924, Tirana was the center of the Revolution of June led by Fan S. Noli. Since 1925, when they were banned in Turkey, the Bektashis, an order of dervishes who take their name from Haji Bektash, a Sufi saint of the 13th and 14th centuries, made Tirana their primary settlement. The city was the venue where the Pact of Tirana was signed. The existing parliamentary building was raised in 1924 and first served as a club for officers. It was there, in September 1928, that King Zog I was crowned King.

As of 2008, the city's urban population was officially estimated at 618.431.

In 1703, Tirana had about 4.000 inhabitants and by 1820 the number tripled to 12.000. The first census, conducted in 1923 (a few years after Tirana became capital city of Albania) showed a total population of 10.845. During the 1950s, Tirana experienced rapid industrial growth, and the population increased to about 137.000 by 1960. After the end of communist rule in 1991, Tirana experienced its fastest population growth when people from rural areas moved to the capital in search of a better life. In 1990, Tirana had 250,000 inhabitants, but the large-scale influx since then from other parts of the country has increased the population to well over 600.000.

2.4. Business Hours for Shops and Banks

- Most shops are open from 08.00 to 20.00 every day.
- Banks are open from Monday to Friday from 09.00 to 14.00.
- In Albania is used only the national currency, the Albanian Lek (ALL), but there are also a few shops which accept also Euros. The exchange rate for the ALL is: 1 EUR = 142,32 ALL

* Information provided on 01-May-2011. Source: <http://de.finance.yahoo.com/waehrungen/waehrungsrechner/>

3. ARRIVALS

3.1. Arrival by Air

Tirana International Airport Mother Theresa (*Nënë Tereza* in Albanian), also known as Rinas Airport, was reconstructed in 2007. It is located 15 km northwest of the city, off the road to Durrës. Flights run to/from Athens, London, Rimini, Bari, Genoa, Rome, Bologna, Munich, Frankfurt, Istanbul and Vienna among other places. It is one of the biggest airports in the region. Several foreign airlines also serve Rinas Airport: Alitalia (from Rome and Milan), British Airways (from London Gatwick Airport), Austrian Airlines (from Vienna), Adria Airways (Ljubljana), Jat Airways (Belgrade), Lufthansa (Munich), Malev (Budapest), Olympic Air (Athens), Hemus Air (Sofia) and Turkish Airlines (Istanbul). In summer there is a direct charter flight from JFK, New York.

3.3. Arrival by Road

Buses can be used to reach Tirana from other cities in Albania and internationally. There is daily bus service from Turkey, Skopje, Republic of Macedonia, Serbia, and Athens, Greece and multiple services per day to Pristina, Kosovo and other cities in Albania. Schedules change frequently so check the latest info in your place of departure.

From Montenegro, take a bus or taxi to Ulcinj, then take a bus or taxi to Shkodra in Albania, crossing the border at Muriqan. Buses leave Shkodra frequently for Tirana.

Buses to and from Kosovo depart from downtown (behind museum where one also can find buses to the airport).

Buses and minibuses are generally the best method for traveling within Albania, but they are not in the best of shape. There are few bus companies; many are operated by individual drivers. Bus lines have schedules, but are often delayed until the coaches are full.

Some international bus stations are far from the center so it may be worth taking a taxi to the bus stop to save time and energy and avoid getting lost.

3.4. Visa Requirements

A study has been conducted on the situation of the 50 Federations who could compete in Tirana. The following teams **don't need a visa** (some of them marked with * can even travel to Albania with only an ID card):

AND – ARG – AUS* – AUT* – BEL* – BIH – BRA – BUL* – CAN* – CHI – CRO – CZE – FRA – GBR* – GIB* – GER – GRE – HUN – IRL* – ISR – ITA* – JPN – LIE – MKD – MNE – MON – NED – NOR – NZL* – POL – POR – ROM* – RUS* – **SLO** – SMR* – SRB* – SUI – SVK – SWE – TUR – USA* – UKR*

All the other foreigners must be issued with a visa, before entering the Republic of Albania at the missions of the Republic of Albania that cover the country of residence. These missions can also provide them with the necessary information about Albania. Please also refer also to your respective ministry of foreign affairs in your country for further information and details. A visa fee will be requested (from 20 € to 70 €). These countries are:

ARM (Moscow) – CMR (Paris or Cairo) – COL – ECU (Rome or Buenos Aires) – EGY – ERI (Rome or Cairo) – ETH (Rome or Cairo) – KEN (Cairo) – KOR – MEX (Rome) – MGL (Beijing) – NGR (Bucharest) – PAK (Kuala Lumpur or Istanbul) – RWA (Paris) – SUD (Cairo) – UGA (London) – VEN (Rome)

3.5. Insurance

The participating teams are responsible for taking out their own insurance to cover illness or injury to any member of their team when travelling to and from WMRC 2011, as well as during the event itself.

4. ACCREDITATION

4.1. General

Accreditation office will be situated at “Tropikal Resort” hotel in Durrës. Each team member will receive an accreditation card, which must be worn all the time and should be clearly visible. Photos are NOT required for the accreditation card system. Accreditation cards will have different colors for runners and team officials.

4.2. Accreditation Procedure

Accreditation cards will be prepared in advance, based on the information provided by the Member Federation in the final entry. Late changes will be accepted at the accreditation. At the accreditation the Team Leaders should present passports or ID's of the athletes, settle the payment and collect the accreditation cards and welcome bags of the team members.

4.3. Access Areas for Teams

- A description of the accreditation system is printed on the back of the accreditation card.
- All team accreditation cards will allow access to the competition venue, to the hotels and meals and to the transportation system.
- The Head of Delegation of each team will be invited to the VIP Reception.

4.4. Loss of Accreditation

If an Accreditation Card is lost, this should be reported immediately to the LOC, at the TIC.

5. ACCOMMODATION & HOTEL INFORMATION

5.1. Official Hotels

VIP Hotel

Hotel Tropikal Resort, Durrës (beach)

★★★

Lagjja 13, Plepa, Durrës, Albania

Tel.: +355 (0) 52 262 669

Mob.: +355 (0) 69 20 78 821

E-Mail: reservation@tropikalresort.com

Web: <http://tropikalresort.com/>



Teams Hotels

Hotel Tropikal Resort, Durrës (beach)

★★★

Lagjja 13, Plepa, Durrës, Albania

Tel.: +355 (0) 52 262 669

Mob.: +355 (0) 69 20 78 821

E-Mail: reservation@tropikalresort.com

Web: <http://tropikalresort.com/>



Hotel Leonardo, Durrës (beach)

★★★

Shkëmbi i Kavajës, Durrës, Albania

Tel.: +355 (0) 52 261 193

Mob. : +355 (0) 69 20 77 218

E-Mail: hotel_leonardo@hotmail.com



5.2. LOC Information Desk and TIC (Technical Information Centre)

The main function of the center is to ensure smooth communication between each Team regarding technical matters.

LOC Information Desk will be joined with the TIC and located at “Tropikal Resort” hotel in Durrës.

TIC will be with qualified personnel offering relevant information about all aspects of the World Mountain Running Championships.

The office will be open on:

- Thursday, 8 September 14.00 – 22.00
- Friday 9 September 09.00 – 22.00
- Saturday 10 September 09.00 – 20.00
- Sunday 11 September 06.00 – 20.00
- Monday, 12 September 06.00 – 12.00

Information Desks will also operate in the Team Hotels from Friday, 9 September to Monday, 12 September, according to the schedule of the events.

The TIC will be linked to all information desks set up for this event and shall be responsible for the following:

- Competition information (Start Lists, Results, etc.)
- Liaison points concerning technical matters between Team representative, Technical Delegate and LOC
- Urgent notices – collection and delivery of any urgent written notices to the Team
- Recovery of items left at the Call Room

All technical information concerning the competition will be distributed in the TIC.

Teams that are not able to attend the Technical Meeting, due to extraordinary circumstances, can collect their information material from the TIC after the technical meeting.

Only team leaders or their representatives will have access to the TIC.

Information Desks will also operate in the team hotels from Friday, 9th September to Monday, 12th September, according to the schedule of the events.

5.3. Other Hotels

For accommodation of supporters and fans having the possibility to stay near their teams please contact LOC and:

*Albania Holidays Ltd.
Rruga "Sami Frashëri", Pall. 20/1/8, Tirana, Albania
Tel.: +355 (0) 4 2 235 688
Tel/Fax: +355 (0) 4 2 235 498
E-mail: info@albania-hotel.com
Web: <http://www.albania-hotel.com/>
Web: <http://www.albania-holidays.com/>*

5.4 Costs and WMRA Quota

The LOC pays for the accommodation and the meals:

- For overseas teams: from Thursday, 8 September (dinner) until Monday, 12 September (breakfast)
- For European teams: from Friday, 9 September (dinner) until Monday, 12 September (breakfast)

The same applies to Officials within the following limits:

- Teams of 1 to 5 Athletes: 1 Official;
- Teams of 6 to 10 Athletes: 2 Officials;
- Teams form 11 and more Athletes: 3 Officials.

Extra:

The room rates for supplementary days and/or officials: 70,00 EUR per person/day including full board and local transport.

One lunch extra = euro 15 EUR

One dinner extra = euro 15 EUR

One bed and breakfast = euro 50 EUR

Only water and orange juice are provided free during the meal. Coca cola, beer, wine and coffee must be paid extra.

All costs must be paid in **cash in Euros** upon arrival the Accreditation Office.

CREDIT CARDS WILL NOT BE ACCEPTED!

- All extras must be paid directly in the hotels.
- All accommodation bookings for the official hotels must be made through the LOC.

5.5. Meals

All the meals (except for the closing banquet) will be served in the hotel restaurants.

The meals schedules are:

- Breakfast 07.00 – 10.00
- Lunch 12.00 – 15.00
- Dinner 19.00 – 22.00

Meals on Sunday, 11 September (race day):

- Breakfast 06.00 – 10.00
- Lunch 14.00 – 16.00
- Farewell party 20.00

Accreditation cards will allow access to the meals in the hotel restaurant.

5.6. Meeting Rooms for Teams

Arrangements can be made for a team meeting room through the LOC Information Desk in the hotel. Requests shall be made 12 hours in advance.

6. TRANSPORT

6.1 Transport from and to the airport

Transport will be arranged according to the flight schedules submitted by the teams. Further information will be available from the LOC Information Desk.

6.2. Bus Shuttle Service

Dedicated bus shuttle service will be provided between the team hotels, the competition venue, Technical Meeting, ceremonies and social functions. Full details of the schedule will be displayed at the LOC Information Desk in the hotels.

Busses will have stickers to show the destination.

7. ENTRIES

7.1. Participation

- Every WMRA member may enter 1 (one) team for each event.
- Size:
 - Senior Men race: Teams of not more than 6 (six) athletes can be entered of whom 4 (four) will score.
 - Women and Junior Men races: Teams of not more than 4 (four) athletes can be entered of whom 3 (three) will score.
 - Junior Women race: Teams of not more than 3 (three) athletes can be entered of whom 2 (two) will score.
- Age: No athlete aged less than 16 (sixteen) years on 31 December of the year of the competition may participate in the World Mountain Running Championships and no athlete aged less than 18 (eighteen) years on 31 December of the year of the competition may participate in the Senior races.

7.2. Preliminary Entries

Preliminary entries shall be sent to IAAF office indicating the number of the team member and information about the travel. Deadline is the **18th July 2011**.

7.3. Final Entries

Final entries shall be sent to IAAF office indicating the names and of the athletes and their year of birth and the names of officials. Dead line is the **22nd August 2011**.

7.4. Final Confirmation

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Forms for the final declaration and confirmation will be distributed to each delegation during accreditation. The forms must be completed and returned immediately. Final start lists will be distributed right after the Technical Meeting.

7.5. Withdrawal

Withdrawal of any later confirmation must be indicated to the TIC in writing.

8. TECHNICAL INFORMATION

8.1. Technical Meeting

- The Technical Meeting will be held on Saturday, 10 September 2011 at 15.00 – 16.00 in the WMRA Congress Room at “Tropikal Resort” hotel in Durrës.
- All questions related to the Technical Meeting must be presented in writing in English, at the TIC latest at 12:00 on Saturday, 10 September.
- The Technical Meeting will be held in English.
- Each team may be represented by a maximum of 2 (two) persons and, if necessary, an interpreter.
- It is very important that all teams are represented at the Technical Meeting.
- The Technical Meeting will be attended by:
 - IAAF Representative
 - WMRA President or his representative
 - WMRA Council Delegate
 - WMRA Technical Delegate
 - Anti-Doping Control Delegate
 - Jury of Appeal
 - Representatives of the Organising Committee
 - National Competition Officials
 - TIC Manager
- The preliminary agenda of the Technical Meeting includes:
 - Welcome by the IAAF representative
 - Welcome by the WMRA President or his representative
 - Welcome by the President of the Organising Committee
 - Presentation of the International Officials
 - Presentation of the Competition Officials
 - Information by the Technical Delegate
 - Answering of questions submitted in writing by federations

8.2. Course visit

Athletes and team members will have free access to the competition venue and race course for training on Thursday, Friday and Saturday.

The course will be marked already on Thursday; however the roads will be closed for the public traffic only on the day of the competition (first km of the men's course).

8.3. Competition Numbers

- Each competitor receives 2 bib numbers. The numbers shall be worn according to IAAF Rule I43.
- The competition numbers may not be cut, bent or covered in any way.
- The teams will be provided with the competition numbers immediately after the Technical Meeting.

8.4. Scoring

- Each race shall be scored separately.
- Each team's score shall be determined by the aggregate of the best placed athletes.
- Teams shall be classified according to their scores, the team in each race having the lowest score being the winner, and so on.
- A tie shall be decided in favor of the team whose last scoring athlete finishes nearest to first place.
- A team with fewer than 4 (four) finishing athletes for Senior Men, 3 (three) finishing athletes for Women and Junior Men events or 2 (two) finishing athletes for Junior Women events shall not be counted in the teams' classification.
- No adjustments to teams' places shall be made in respect of non-scoring team members or athletes participating as individuals.

8.5. Competition Clothing

- Competitors must wear the Federation's official team clothing.
- Team clothing must be uniform.
- A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete.
- Clothing will be checked before athletes enter the call room.

9. COMPETITION PROCEDURE

9.1. The Course

- The start and finish area of the race are in the Botanical Garden of Tirana, located about 2,87 km southwest from Tirana Centre. The lap goes on the hills around, with the highest peak at the military old barracks close to the Lapidary. The Botanical Garden is situated at 120 meters altitude above sea level. Highest point of the race is located at 323 meters above sea level: in this place there is a beautiful view of Tirana City.
- A short description of the race: After start, the track of the race will go through the exit of the garden and then it follows the road – uphill – for about 200 m (150 m above sea level (a.s.l.)), then it will continue downhill (shortly) till the end of the unpaved road, until where begins a lawn. At the end of this lawn (132 m a.s.l.) the track goes on a very narrow undulating path. The race moves from place to place to share a water supply (210 m a.s.l. and about 1,4 km from the start), goes on left and moves along an ancient path that leads to the barracks square (320 m a.s.l. and about 2,05 km from the start). This point is useful for control of the athletes, for sponging area, for radio info and for medical services. After the barracks, track turns right, goes up a little (highest point 323 m a.s.l.), where there is an old military zone. From this point the track starts downhill with a descent part, immediately with a path on the right. After 400 m track reaches the dirt road (280 m a.s.l.). Continuing down the dirt road to an embankment, where the track has three steep switchbacks to the road (200 m a.s.l. and about 3 km from the start). Track takes a dirt road and reaches a small village. In this place should be placed another control point. Track continues on the dirt road up to 3,70 km, and finally takes the steep path leading to the initial part of the track (132 m a.s.l. – about 600 m from the start). In this area the lap finishes and it is possible to continue for a second or third lap (with a control point) or to turn for running to the finish line of the race.
- Summary:
Each lap is 4,30 km. Sections of start and finish part in the Botanical Gardens is 170 m.
 - Junior Women: 1 lap is 4,47 km (4,30 km + 170 m) with a total climb of 250 m.
 - Junior Men: 2 laps are 8,77 km (4,30 km x 2 + 170 m) with a total climb of 500 m.
 - Senior Women: 2 laps are 8,77 km (4,30 km x 2 + 170 m) with a total climb of 500 m.
 - Senior Men: 3 laps are 13,07 km (4,30 km x 3 + 170 m) with a total climb of 750 m.It means a suitable course for all the categories.

9.2. Warm-up Area

The whole area around the start locations can be used for warming up.

9.3. Call Room Procedures

- All athletes must report to the call room 20 minutes before the start.
- The competition clothing will be checked at the call room. It must comply with the IAAF Advertising rules.
- There will be a control whether the Chips are tightened to the shoes.

9.4. Starter Commands

All instructions will be given in English. The command is “On your marks!” followed by a shot from the starter’s gun.

9.5. Refreshment Stations

- There will be 3 refreshment stations along the course. The details will be presented during the technical meeting.
- Water will be also provided in the mixed zone after the race, as well as energy drinks, fruits and snacks.
- Personal refreshments are possible. They must be handed over by team officials in restricted areas near the refreshment stations only. An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

9.6. Timing

The results will be available by the WMRA procedures.

9.7. Luggage

Runners shall leave their luggage in their own bags that will be put into one big TEAM bag provided by the organiser. This must be given to the LOC at the men’s start latest 90 min before the start of particular category. The LOC will take care of the bags and will take them to the mixed zone for recollection.

Runners can leave their clothes which they need for warming up in the call room. These clothes will be taken to the TIC.

Details will be explained at the technical meeting.

9.8. Protests and Appeals

- Protests will be processed in accordance with IAAF Rule 146.
- In the first instance, protests must be made orally to the finish Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (Rule 146.3).
- If such a protest is rejected, a written appeal, to the Jury of appeal, signed by responsible representative of the athlete can be submitted to the finish referee or to a member of the Jury of appeal.
- Together with the appeal, a deposit of EUR 75 must be paid. If the protest is successful, the deposit will be returned. The Jury’s decision will be published in writing at the TIC.

9.9. Interviews

Immediately after the finish of the race, the flash interview the winning athletes will take place.

10. MEDICAL SERVICES AND DOPING PROCEDURES

10.1. General

The medical service is in charge of any medical assistance to the team leaders, the competition organisation, the personnel, the honorary guests as well as, during the competition, to the spectators. A Medical Station tent will be located in the Finish area and marked with Red Cross.

10.2. Medical Services at the venue

- The LOC will have a first aid team (mountain rescue service) at many places all along the course.
- There will be a special team with a 4WD rescue car at the end of small descent at km4 (to go).
- The main medical station will be located at the finish area. The doctor will be in connection with helicopter rescue service, which is located at the int. airport, 20 km away.

10.3. Doping Control

- Doping control shall be conducted in accordance with IAAF Anti-doping Regulations under the supervision of the Doping Control Delegate.
- Athletes selected for doping control shall be informed by anti-doping officers. Athletes will be required to sign a confirmation of notification.
- Athletes who are to be tested may invite a team official to accompany them to the Doping Control Centre (DCC).
- The selection of athletes for control will be made on a final position and/or random basis under the supervision of the Doping Control Delegate.
- In addition, the selection of further athletes may be ordered at the discretion of the Doping Control Delegate.
- A selected athlete should report immediately to the DCC unless there are valid reasons for delay.
- All selected athletes will be accompanied by a trained chaperone or Doping Control officer from the time of notification until arrival at the DCC.
- Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action.
- Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the Therapeutic Use Exemption system prior to attending the Championships.

11. CEREMONIES AND PROTOCOLS

11.1. Opening Ceremony

The Opening Ceremony will take place on Saturday, 10 September at 18:00 in Tirana, "Pallati i Kongreseve". All team members are invited to attend the Opening ceremony. Teams should gather in front of the Municipality at 18:00 in order to assemble for the parade down the main street. Details on the ceremony will be given upon arrival. Athletes must wear the official team clothing.

11.2. Flower Ceremony

The flower ceremony will take place 15 min after arrival of the third runner in each category. Medalists in individual races will be invited to the podium in the finish area and presented flowers. Athletes who had been selected for doping control shall come to the flower ceremony first and then go to the doping control. Chaperones will accompany them.

11.3. Victory & Closing Ceremony

The Victory and Closing Ceremony will take place on Sunday, 11 September at 18:00 in Tirana, "Pallati i Kongreseve". All medalists (team and individual) must wear the official team clothing for the ceremonies; they will be invited to sit in the front row.

11.4. Commemorative medal

At the accreditation office each team will receive a memorial medal of the Championships for each participant.

11.5. Closing Banquet

The Closing Banquet will take place immediately after the closing ceremony. Participants will be taken to the venue with shuttle buses. Everyone with an accreditation or an invitation is welcome to attend

12. DEPARTURE

- Teams will be asked to provide full travel details on the final entry forms.
- Teams will also receive a departure form, which should be completed and returned to the LOC Information Desk in the hotel, at least 24 hours before departure, especially if there are any changes to the preliminary confirmed details.

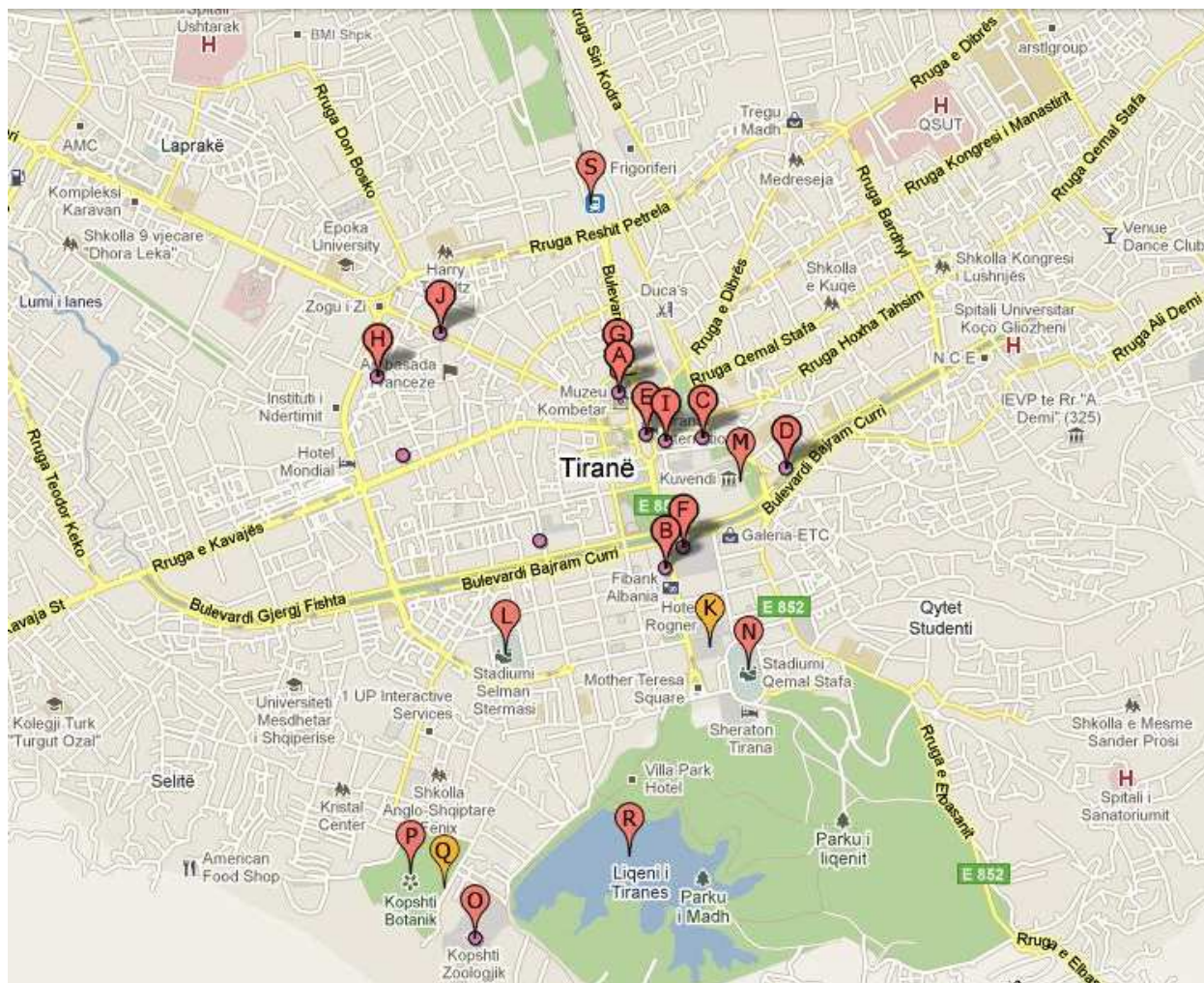
- Departure times of the shuttle buses from the hotel will be displayed at the TIC.
- All outstanding fees, charges and possible other expenses must be settled with the cashier. On the day of departure the LOC Hotel Manager will check the rooms together with the team leaders.

13. SECURITY

- Instructions given by the LOC, the security marshals and the police must be followed in all areas, as well as during transport from one location to another.
- Special safety precautions will be provided on the road just after the men's start.
- The accreditation card must be worn at all times. If an accreditation is lost, this should be reported immediately to any LOC information desk.
- The emergency phone numbers are:
 - 127 – Emergency Service
 - 128 – Fire Service
 - 129 – Police
- If necessary, the police can be contacted via the TIC at the Stadium.

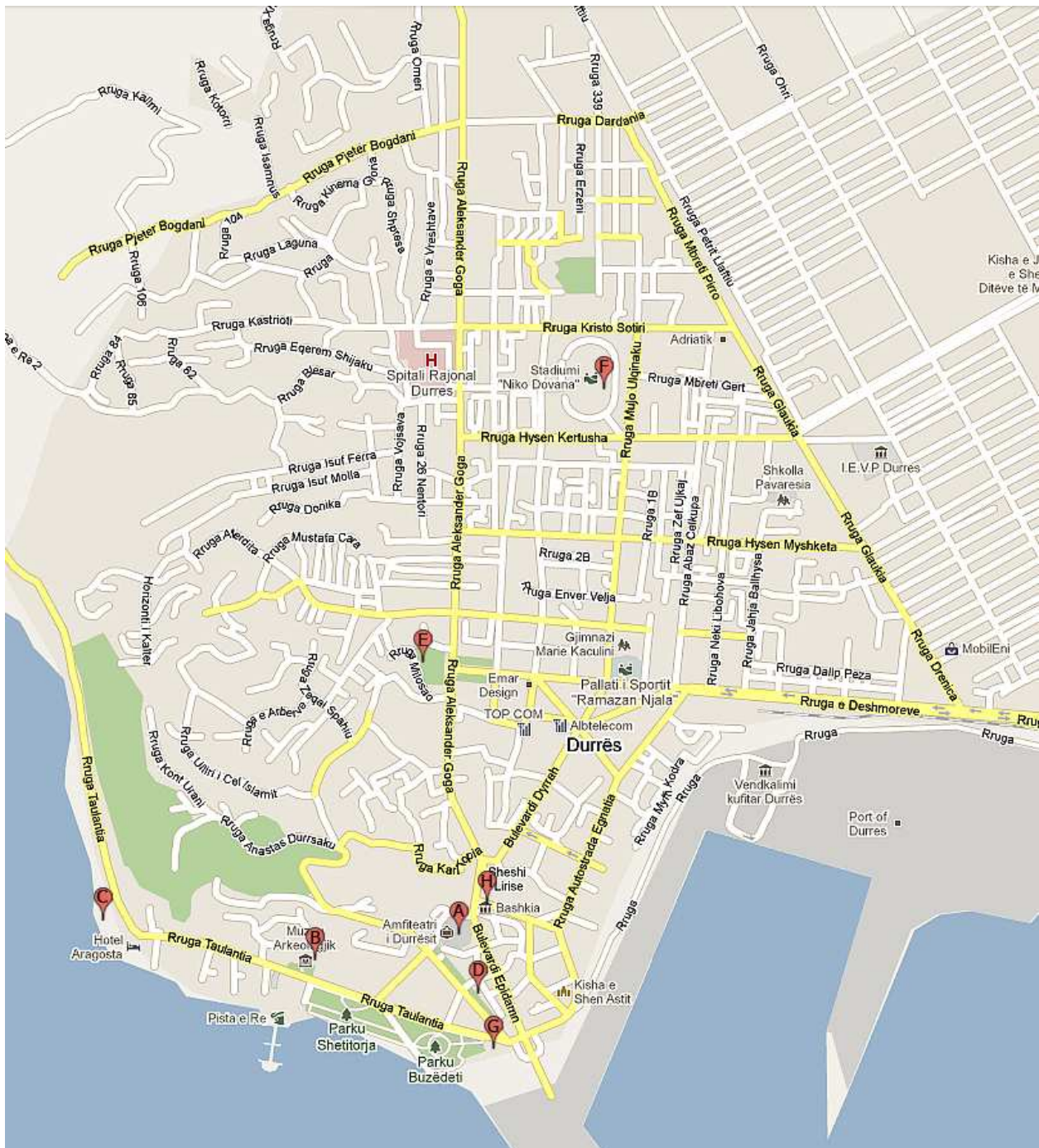
14. APPENDICES

14.1. Tirana (center)

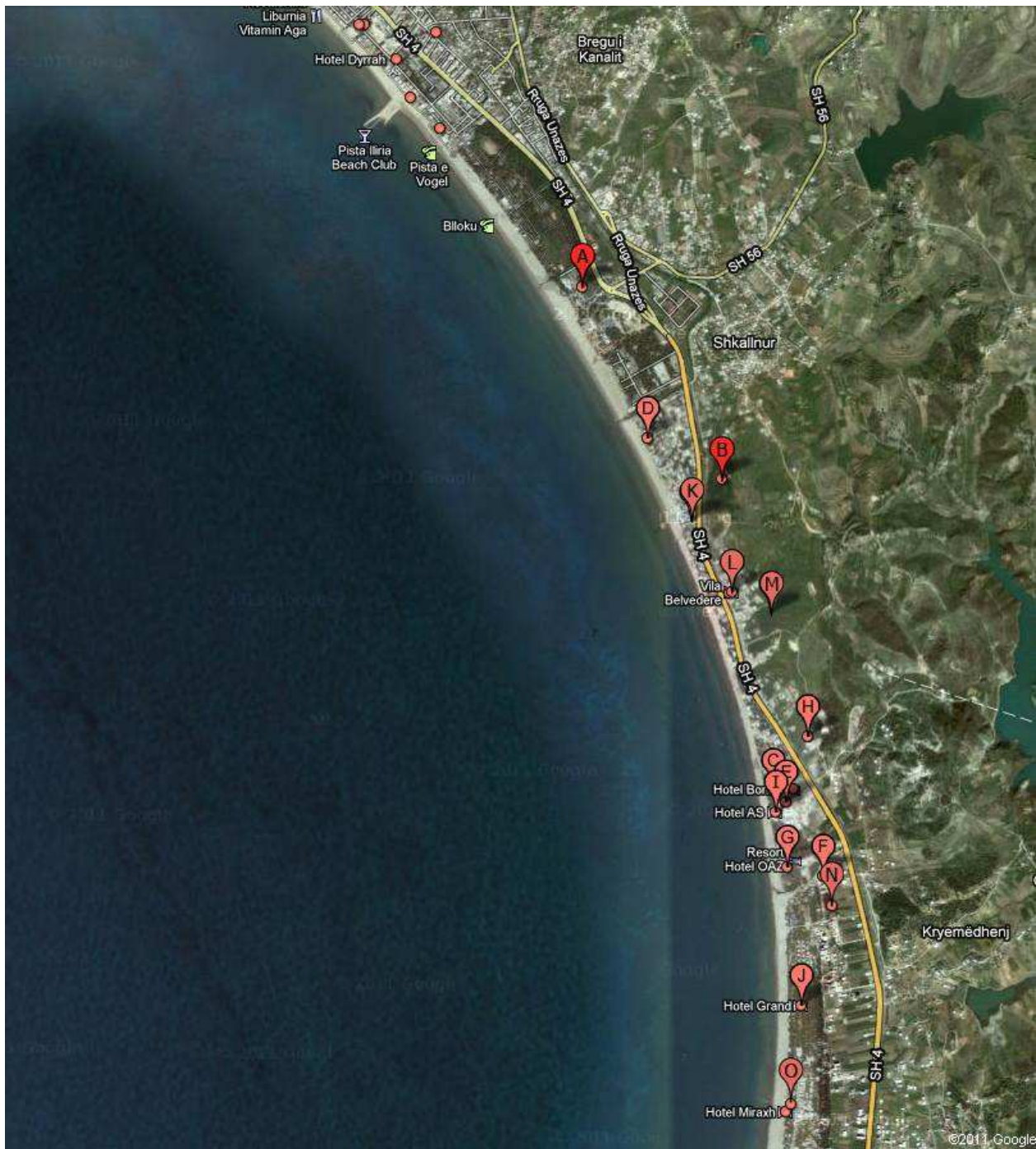


- | | |
|---|---|
| A. National Museum | L. Stadiumi “Selman Stërmasi” (“Selman Stërmasi” Stadium) |
| B. Twin Towers | M. Parliament |
| C. Tid Tower | N. Stadiumi Kombëtar “Qemal Stafa” (National Stadium “Qemal Stafa”) |
| D. Ura e Tabakëve (Bridge of Tabak’s) | O. Zoo |
| E. Monument of Skanderbeg | P. Botanic Garden |
| F. Këmbana e Paqes (Bell of Peace) | Q. Start and Finish line of the 27th WRMC 2011 |
| G. Tourist Information Office | R. Artificial Lake of Tirana |
| H. Mosaic of Tirana | S. Train Station |
| I. Clock Tower | |
| J. Statue of Adem Jashari | |
| K. Pallati i Kongreseve (Opening Ceremony) | |

14.2. Durrës (city and beach)



- | | |
|--|---|
| A. Amphitheatre of Durrës | E. Museum of Martyrs and Hall of War Memorabilia |
| B. Archeological Museum | F. “Niko Dovana” Stadium |
| C. Currila Beach | G. Castle of Durrës |
| D. “Aleksandër Moisiu” Museum House | H. City Hall |



- | | |
|---------------------------------|---|
| A. Tropikal Resort Hotel | H. Tirana Park Hotel |
| B. Hotel Leonardo | I. Hotel AS |
| C. Hotel Dolce Vita | J. Hotel Grand |
| D. Hotel Majestic | K. Belconti Hotel |
| E. Xixat Resort Hotel | L. Vila Belvedere |
| F. Hotel Akropoli | M. Dolce Vita |
| G. Resort Hotel Oaz | N. Mali i Robit Hotel and Campsite |

Legend:

- S** Start Line
- F** Finish Line
-  Radio
-  Sponging Area
-  Medical Service
-  Refreshment Area
-  Information Point
- LOC** LOC Office



(detailed view of the graphic on: <http://wmrc2011.al/>)

- Distance: about 4,49 km (1 lap); 8,59 km (2 laps); 13,07 km (3 laps)
- Highest point: about 323 m (above the sea level)