

The 3rd Asian Youth Athletics Championships

15th ~ 17th March, 2019

Hong Kong



**HONG KONG 2019
ASIAN YOUTH
ATHLETICS
CHAMPIONSHIPS**

Team Manual

(As of 20 February 2019)

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1. General Information

1.1. Organization

International Association of Athletics Federations (IAAF)

President : Lord Sebastian Coe
Acting Chief Executive Officer : Mr. Nigel Garfitt
Address : 6-8 Quai Antoine 1^{er}, BP 359-98007, Monaco
Cedex
Tel. : (377) 92 05 70 68
Fax : (377) 92 05 70 69
e-mail : headquarters@iaaf.org
Website : www.iaaf.org

Asian Athletics Association (AAA)

President : Gen. Dahlan Al Hamad
Secretary Treasurer : Mr. Maurice R. Nicholas
Address : 26, Windsor Park Road, District 574132, Singapore
Tel. : (+ 65) 6 286 5506
Fax : (+ 65) 6 286 2432
e-mail : asianathletics@gmail.com
Website : www.athleticsasia.org

Hong Kong Amateur Athletic Association (HKAAA)

President : Mr. Moh Ho Chap, Alex
Chairman : Mr. Kwan Kee
General Secretary : Mr. Ng Yu Ho, Dennis
Address : 24/F, Guangdong Tours Centre, 18 Pennington Street,
Causeway Bay, Hong Kong
Tel. : (+ 852) 2177 2600
Fax : (+ 852) 2577 5392
e-mail : hkg@mf.iaaf.org
Website : www.hkaaa.com

1.2. AAA Council Members & AAA Delegates

Council Members

President	:	General Dahlan Al Hamad (QAT)
Senior Vice President	:	Mr. Du Zhaocai (CHN)
Vice Presidents		Mr. Eng. Suhail Q. Al-Zawawi (KSA)
		Mr. Alexey Kondrat (KAZ)
		Dr. Lalit K. Bhanot (IND)
		Dr. Talib F. Al-Saffar (IRQ)
		Mr. Philip Ella Juico (PHI)
Secretary Treasurer	:	Mr. Maurice R. Nicholas (SIN)
Individual Members	:	Mr. Saad Al-Hiyasat (JOR)
		Mr. Mohammad Jumah (KUW)
		Mr. Karim Ibrahim (MAS)
		Maj. Gen. Muhammad Akram Sahi (PAK)
		Maj. Gen. Palitha P. Fernando (SRI)
		Mr. Ching Cheng Wang (TPE)
	:	Mr. Nasser Sultan A. S. Al-Maamari (UAE)
	:	Mr. Hoan Manh Cuong (VIE)
Women Members	:	Ms. Mala Sakonhninhom (LAO)
	:	Ms. Rugaya Mansoor Al-Ghasara (BRN)
Legal Adviser	:	Mr. Loh Lin Kok (SIN)

AAA Delegates

Organizational Delegate	:	Gen. Palitha Fernando (SRI)
Technical Delegates	:	Mr. Vadim Nigmatov (TJK)
		Mr. Ho Weng Hong (MAC)
Medical / Doping Control Delegate	:	Dr. Seyed Ashkan Ordibehesht (IRI)
Asian Technical Officials	:	Mr. Yang Feng (CHN)
		Mr. Ravinder Chaudhry (IND)
		Mr. Yukio Seki (JPN)
		Mr. Koo Bon Chil (KOR)
		Mr. Mahmoud A H Abul (KUW)
		Mr. T Nookarajoo (MAS)

	Mr. Ahmed Munthaqim (MDV) Mr. Abdul Hakeem Al-Ameri (QAT)
International Walk Judges	: Mr. Yang Shande (CHN) Mr. Sardjito (INA) Mr. Akira Fujisaki (JPN) Mr. Chun Do Ann (KOR) Ms. Choo Sau Mei (SGP) Mr. Hamad Abdullah A.AlHiniw (KSA)
International Photo-Finish Judge	: Ms. Nonglux Pornsirisuthanont (THA)
International Starter	: Mr. Shahbazi Shahram (IRI)
International Referee (Jury)	: Mr. Alexey Kondrat (KAZ) Mr. Nasser Sultan Al-Mamari (UAE) Mr. Wang Ching Cheng (TPE)
Asian Secretariat	: Ms. Ang Bee Lee, Regina (SGP) Mr. A Shuggumarran (SGP) Mr. Rahul Pawar (IND)

1.3. Local Organizing Committee (LOC)

Chairman

Mr. Kwan Kee

Vice-Chairman (Medical & Doping Control)

Dr. Yeung Sai Mo, Simon

Vice-Chairman (Competition Management)

Mr. Fung Wang Tak

Vice-Chairman (Fund Raising, PR & Marketing)

Mr. Leung Hon Shun, Alexander

Vice-Chairman (Support)

Ms. Tsui Wai Fun, Marina

Organizing Secretary

Mr. Ng Yu Ho, Dennis

1.4. Schedule

Date	Time	Function	Venue
13 March (Wed.)	Arrival of teams		
14 March (Thu.)	10:30	Stadium tour	Tseung Kwan O Stadium
	11:00	Deadline for Submission of Final Confirmation of Day 1	Tseung Kwan O Stadium Meeting Room
		Technical Meeting	Tseung Kwan O Stadium Meeting Room
	11:00 ~ 12:00	Start Practice	Tseung Kwan O Stadium
	18:00 ~ 21:00	Welcoming Reception (by invitation)	To be confirmed
15 March (Fri.)	08:30 ~ 18:00	Competition	Tseung Kwan O Stadium
	09:00	Deadline for Submission of Final Confirmation of Day 2	TIC/CID
15 March (Fri.)	11:00 ~ 11:30	Opening Ceremony	Tseung Kwan O Stadium
16 March (Sat.)	08:00 ~ 18:00	Competition	Tseung Kwan O Stadium
	09:00	Deadline for Submission of Final Confirmation of Day 3	TIC/CID
17 March (Sun.)	08:30 ~ 16:00	Competition	Tseung Kwan O Stadium
17 March (Sun.)	18:00	Farewell Party	
18 March (Mon.)	Departure of teams		

1.5. Information about Hong Kong

Local Time

Hong Kong is 8 hours ahead of the Greenwich Mean Time (GMT).

Drinking Water

It is advised to boil the tap water before drinking.

Electricity

The voltage used throughout Hong Kong is 220 volts and frequency is 50 hertz. 3-flat-pin plug are used in Hong Kong.



Climate

The weather in Hong Kong is normally hot and humid in March. The average temperature in around is 21°C with humidity 80%, with average monthly rainfall of 80mm per month.

Travel

- Hong Kong International Airport is the only International Airport for Hong Kong. Hong Kong International Airport is about 1 hour away from Hotel.
- LOC will provide airport pick-up service.

2. Team Service and Accreditation

2.1. Arrival

2.1.1. Immigration

Hong Kong International Airport (HKG) is the main gateway to the Championships, this airport is well served by flights from most cities around the world. Teams must finish immigration procedures upon arrival inside the airport.

2.1.2. Visa Information

Teams are advised to check whether visa entering Hong Kong is required or not.

For details, please check the website:

<https://www.immd.gov.hk/eng/services/visas/visit-transit/visit-visa-entry-permit.html>.

The LOC can send out invitation letter and supporting documents only after the receipt of Final Entry Forms. Teams should return their requests for visa invitation letters to the LOC as early as possible but not after the Final Entry deadline. In order to help the LOC prepare the letters smoothly, the Final Entry should be filled accurately such as passport name, date of birth, flight schedule, etc, with copies of passports of all the members of the Team. Once receiving the visa application documents, applications should be taken to the nearest Chinese Embassy immediately.

2.2. Accreditation

Accreditation card (AD card) will be prepared for security reason, and all teams members are requested to wear the AD cards at all times.

AD cards and hotel keys will be given upon arrival at the hotel, but only when all the outstanding payments of the team have been settled. There will not be exception to this rule.

2.3. Accommodation

2.3.1. Headquarters Hotels for AAA Officials & Delegates:

- Crowne Plaza Hong Kong Kowloon East
(<https://www.ihg.com/crowneplaza/hotels/us/en/hong-kong/hkgtk/hoteldetail>)
- Holiday Inn Express Hong Kong Kowloon East
(<https://www.ihg.com/holidayinnexpress/hotels/us/en/hong-kong/hkgke/hoteldetail>)

2.3.2. Athletes Hotel:

- Regal Riverside Hotel (<https://www.regalhotel.com/regal-riverside-hotel/en/home/home.html>)

2.3.3. Accommodation Payment

For each team, full-board accommodation (double/twin room or triple room with 3 meals) for officials and athletes within the number of quota will be paid by the LOC during the specified period. The official period will be for arrival on 13 March (Wednesday) and departure on 18 March (Monday).

Accommodation costs for officials and athletes outside of quota, for single room occupancy, and for stays outside the above specified periods, are at the charge of each Member Federation.

A team leader will be accommodated in a single room except in special circumstances where number of single rooms are limited. Other team officials will be accommodated on twin-sharing basis.

For additional persons or extra days, please refer to the following for the charges per person including 3 meals per day.

Costs for athletes & officials outside quota are as follows:

- Single room including 3 meals: USD220/person/day
- Twin or Triple room including 3 meals: USD190/person/day

Due to the very limited hotel rooms available at official hotels, Teams are required to confirm the number of delegates to LOC **on or before 15 February 2019 (Friday)** by submission of the Accommodation Confirmation Form. Accommodation cost for team officials and athletes outside quota will be calculated by LOC and teams are requested to settle deposit (50% of the accommodation cost) with LOC to secure the rooms for the team **by 28 February 2019 (Thursday)**, by making remittance to the designated bank account. The account details for wiring the cost will be listed in the invoice.

Check in and Check out times for all hotels:

- Check in time is 14:00. Check out time is 11:00
- **If you need to use the rooms outside the official period, you must contact the LOC at 2019ayc@hkaaa.com in advance to make**

reservation for extra hours at your own cost.

2.3.4. Meal

Meals will be provided for athletes and officials with AD cards. The opening hours for the restaurant will be adjusted in accordance with competition schedule and will be posted at the Competition Information Desk (CID) of each hotel.

In consideration of religious and cultural dietary prohibitions and differing individual nutritional preferences, meals will be served in buffet style, and menu cards displaying main ingredients will be provided for each menu.

2.3.5. Internet

Free Internet access will be available at all hotel rooms.

2.4. Transportation

Transportation between Hong Kong International Airport and each hotel will be provided. During the Championships, shuttle bus services will be provided between hotel, training venue & competition venue. The bus schedule will be displayed at the CID of each hotel. AD cards will be required for using the bus services.

3. Competition Information

3.1. Competition Management

The Hong Kong Amateur Athletics Association (HKAAA) shall be responsible for the organisation and management of the competition under the guidance of AAA. The competition shall be held in accordance with the current IAAF Competition Rules. In case of disagreement over the interpretation of the Rules, the English text shall prevail. Any unforeseen incidents not covered by the Rules shall be resolved by Technical Delegates in accordance with the AAA Constitution and the Rules of the IAAF.

3.2. International Technical Officials

The AAA shall appoint International Technical Officials including the Race Walking Judges (ITO & IRWJ) for the supervision of the competition.

3.3. Dates of Competition

The 3rd Asian Youth Athletics Championships shall take place from 15 to 17 March, 2019.

3.4. Competition Venue

The Tseung Kwan O Sports Ground, which is an IAAF Class 2 stadium, will be used for the competition venue.

3.5. Competition Events

There are 40 events as listed in the table below:

Events for Girls (20)	Events for Boys (20)
<p>❖ Track events: 11</p> <p>100 m</p> <p>200 m</p> <p>400 m</p> <p>800 m</p> <p>1500 m</p> <p>3000 m</p> <p>100 m Hurdles (0.762 m)</p> <p>400 m Hurdles (0.762 m)</p> <p>2000 m Steeplechase (0.762 m)</p> <p>5000 m Race Walk</p> <p>Medley Relay</p> <p>❖ Jumping events: 4</p> <p>High Jump</p> <p>Pole Vault</p> <p>Long Jump</p> <p>Triple Jump</p> <p>❖ Throwing events: 4</p> <p>Shot Put (3.000 kg)</p> <p>Hammer Throw (3.000 kg)</p> <p>Discus Throw (1.000 kg)</p> <p>Javelin Throw (500 g)</p> <p>❖ Combined event: 1</p> <p>Heptathlon</p>	<p>❖ Track Events: 11</p> <p>100 m</p> <p>200 m</p> <p>400 m</p> <p>800 m</p> <p>1500 m</p> <p>3000 m</p> <p>110 m Hurdles (0.914 m)</p> <p>400 m Hurdles (0.838 m)</p> <p>2000 m Steeplechase (0.914 m)</p> <p>10000 m Race Walk</p> <p>Medley Relay</p> <p>❖ Jumping events: 4</p> <p>High Jump</p> <p>Pole Vault</p> <p>Long Jump</p> <p>Triple Jump</p> <p>❖ Throwing events: 4</p> <p>Shot Put (5.000 kg)</p> <p>Hammer Throw (5.000 kg)</p> <p>Discus Throw (1.500 kg)</p> <p>Javelin Throw (700 g)</p> <p>❖ Combined event: 1</p> <p>Decathlon</p>

3.6. Competition Schedule

The competition schedule is attached in the Appendix (A).

However, the schedule is subject to change depending on the final number of participating athletes. Updated competition schedule will be delivered after the Technical Meeting on 14 March, 2019. Final competition schedule is to be confirmed each day by Technical Delegates after final confirmation.

3.7. Participation: Eligibility

Only competitors whose countries and regions are members of the AAA and complying with the Constitution and Rules of the AAA are entitled to participate.

3.7.1. Participation: Age Categories

- Athletes aged 16 or 17 years on 31 December 2019 (born in 2003 or 2002), may compete in any event.
- The maximum number of events in which a Youth athlete can compete is two individual events plus the relay. If the two individual events are Track Events, only one of these may be longer than 200m.
- No athlete younger than 16 years of age on 31 December 2019 (born in 2004 or later) may be entered.

Note: Team leaders must present athletes' passports upon arrival, or other official documents indicating the year of birth, to confirm ages in order for them to be photocopied by the organiser.

3.7.2. Participation: Individual Events

Each Member Federation may enter two (2) competitors for each Individual event. However, the Host Association may enter three (3) competitors for each individual event.

3.7.3. Participation: Relay Events

Each member of a relay team may run one leg only. Any four (4) athletes from among those entered for the Championships, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started a competition, up to a total of four (4) additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.

3.8. Entries

3.8.1. Entries: Final Entry (by name)

The Final Entry Forms for all teams must be received by the Hong Kong Amateur Athletic Association no later than 1 March, 2019 at 24:00 Hours (Local Time Hong Kong, GMT+8). After the final entry deadline, any addition or change of events between the athletes entered in the team will not be entertained.

3.8.2. Entries: Final Confirmation

Official representatives of each team must submit final confirmation of athletes' entries at the Technical Meeting to be held on 14 March (Thursday) at 10:00 for the first day events, and subsequently by not later than 09:00 on the day prior to the 2nd and 3rd day of the competition.

Final confirmation forms can be submitted all together at once, i.e. for all competition days, or for one day at a time as above or at the Stadium Technical Information Centre (TIC).

The composition and order of a relay team must be officially declared at Stadium T.I.C no later than one (1) hour before the published first Call Time (the time by which the athletes must be present in the Call Room) for the first heat of each round of the competition.

3.8.3. Failure to Participate

Any athlete who, after the Final Confirmation has been submitted, or after qualifying during a qualifying round or a heat for any event, fails to participate in the event without giving a valid reason (e.g. a medical certificate provided by and based on an examination of the athlete by the Medical Delegate appointed under Rule 113), shall be excluded from participation in all further events in the competition, including Relays (see IAAF Rule 142.4)

3.8.4. Withdrawals

Withdrawals after Final Confirmation have to be submitted on the official Withdrawal Form to the TIC. If the athlete is entered in another discipline (including relays) of the Championships, the reason for the withdrawal has to be specified in detail, confirmed by the Medical Delegate, being its acceptance the responsibility of the Technical Delegates based on the IAAF Rules.

3.9. Technical Meeting

Technical Meeting will be held on 14 March (Thursday), at 11:00 at the meeting room inside Tseung Kwan O Sports Ground. A maximum of 2 official representatives from each team may attend. All questions and proposals concerning the Championships must be made beforehand on the form provided. This form must be submitted to TIC or CID **by 7:00pm, 13 March**. Technical Delegates will answer only questions submitted in advance.

The starting heights and the raising of the bar in the high jump and pole vault, including for boys' decathlon and girls' heptathlon, will be decided by the Technical Delegates and announced at the Technical Meeting.

3.10. Stadium Tour

The tour of the stadium will be conducted for the team representatives on 14 March at 10:30, right before the Technical Meeting.

3.11. Start Practice

The practice session with the starters will take place on 14 March from 11:00 to 12:00 at the Stadium.

3.12. Athletes' Bibs

The bibs will be distributed at the Technical Meeting. Each athlete will receive 2 bibs with safety pins. For jumping events, only one bib may be worn on either the chest or the back. Athletes taking part in the track events will also be given 2 adhesive hip numbers in the Call Room. Athletes taking part in the relay events will wear the bib on their back and the country code on their chest. Bibs with country codes will be distributed at the Technical Meeting. Bibs must not be folded or cut in any way.

3.13. Team Uniform

Each team must present their team's (running singlet / pants) in all its variations to TIC to be photographed upon their arrival. Competitors are required to wear the registered uniform, and it must conform to the IAAF Competition Rules and Advertising Regulations. Only the officially registered team uniform will be approved for use when competing in the competition. Medal ceremonies are considered as part of the competition.

IAAF Rule 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations in force. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed/taped at the Call Room.

3.14. Spikes

The spikes on the shoes will be checked at the Call Room. If they do not comply with IAAF Rules, the athletes will be asked to change them to the correct size. Please refer to IAAF Rule 143.4 for details.

3.15. TIC (Stadium) / CID (Hotel)

Information for each team will be available at the Technical Information Centre (TIC) located at the Stadium and/or at the Competition Information Desk (CID) located at each Hotel. 2 TIC Passes will be given to each team to have access to the TIC at Stadium.

TIC is responsible for, but not limited to, the following:

- ❖ Display on the relevant notice board of official communications to teams including Start Lists, Results and Call Room reporting times.
- ❖ Posting of urgent notices to delegations from the Technical Delegates and competition management. Please note that it is the Team Leader's duty to collect this kind of information in due course.
- ❖ Handling Protests and Appeals.
- ❖ Acceptance of Personal Implements
- ❖ Receiving of Final Confirmations
- ❖ Distribution and receiving withdrawal request form
- ❖ Distribution and receiving Relay Order
- ❖ Distribution of special passes, such as coaches' passes
- ❖ Request for doping control tests
- ❖ Answers to general competition questions

- ❖ Distribution of urgent notices to the delegations from the Technical Delegates and competition management. It is the Team Leader's duty to collect this kind of information in due time
- ❖ Distribution of Special Passes the day before the respective event such as Combined Events Rest Zone Passes
- ❖ Distribution of items confiscated at the Call Room

Opening Hours of TIC:

13 March 13:00 – 17:00

14 March 09:00 – 17:00

15 to 17 March 1.5 hours before the start of competition to 1 hour after the competition

CID is responsible for, but not limited to, the following:

- ❖ Display on the relevant notice board of official communications to teams including Start Lists and Results
- ❖ Distribution of information and answering of queries related to accommodation, meals, transportation and Championships in general
- ❖ Receipt of Final Confirmations
- ❖ Receipt of written questions for the Technical Meeting

Opening Hours of CID:

13 March 08:00 – 20:00

14 March 08:00 – 20:00

15 to 17 March 08:00 – 20:00

3.16. Medal Ceremony

3.16.1. Medal Ceremony

The Medal Ceremony will be held after the completion of each event. Athletes receiving awards must wear their official team uniform. However, for some events, athletes will be notified to report the next day at an assigned time for the ceremony.

3.16.2. National Flag and Anthem

Each team will be asked to confirm the national flag and anthem upon arrival.

3.16.3. Medal and Diploma

At the medal ceremony, medals for the first to third place winners of individual events and relay events will be awarded. Diplomas for the 1st to 8th places participants will be delivered to the team before departure.

3.16.4. Opening Ceremony

Opening ceremony will be held at 11:00 on 15th March. Details will be announced at the Technical Meeting.

3.16.5. Farewell Party

Farewell Party is scheduled from 18:00 on 17th March at a cruise touring Victoria Harbour.

3.17. Implements

All implements and equipment, which the LOC provides for the competition, training and warm up conforms to IAAF rules. The list of throwing implements is attached, please refer to appendix 2.

Personal implements shall also be allowed, provided that

- they have IAAF certification
- they are not on the LOC's Official Implement list
- they have been presented to the TIC by 09:00 on the day prior to the competition
- they are made available to all the other competitors until the end of the competition
- they are in good conditions and the brand is easily recognised

Personal implements will be returned at TIC 30 minutes after the final of the event.

Vaulting Poles will be transported from the Airport to the Stadium by the LOC. Vaulting Poles must be labeled with stickers, bearing the athletes' name, gender, country and departure schedule. All vaulting poles will be stored at the Stadium's Equipment Room. In case of training, the athlete him/herself must go to the Equipment Room to get the poles. On the competition day, poles may not be used in the warm up area and will be transported from the Equipment Room to the competition site by officials. After the closing of the Championships, poles will be transported to the airport by LOC.

3.18. Markers

Athletes are not allowed to use their own markers. For field events, competitors are required to use the markers provided by the LOC. These will be available at the competition site. For the relays, athletes will be provided with adhesive tape (one each) by the officials in the Call Room.

3.19. Competition Procedure

3.19.1. Call Room

Call Room will be set up as shown on the Appendix. In the Call Room, the following will be checked in accordance with IAAF rules:

- ❖ Athlete's Bibs
- ❖ Uniforms
- ❖ Shoes and spikes
- ❖ Bag and personal belongings (the use of video or cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices will not be permitted in the field of play as per IAAF rule 144.3(b)).

All items not authorized by IAAF Rules & Regulations will be retained by officials, who will give a receipt to the athlete. The athletes will be able to collect such items at TIC once their event has finished, on presentation of their receipt. Team Officials are not allowed to access the Call Room.

After Roll Call is completed at the Call Room, athletes will be taken to the Holding Area nearby, and toilets are available in the Holding Area. Athletes in track events will leave their personal belongings including tracksuits in the Holding Area, and enter the Field of Play (FOP) ready to compete. Their personal belongings will be transported to Post Event Control Area for collection after their event. In case of cold or rainy weather, athletes will be allowed to wear their tracksuit and their belongings will be collected at the start line and taken to the Post Event Control.

Call Room Reporting Times

	Before Competition		
	Start of Call	End of Call	At Competition Site
Track Events (Except Hurdle & Relay)	25 minutes	15 minutes	10 minutes
Hurdles & Relay	30 minutes	20 minutes	15 minutes
Long & Triple Jump	45 minutes	35 minutes	30 minutes
High Jump	55 minutes	45 minutes	40 minutes
Pole Vault	65 minutes	55 minutes	50 minutes
Throwing Events	55 minutes	45 minutes	40 minutes

3.19.2. Procedure to Exit from FOP

All athletes will leave the competition area through the Mixed Zone, where the accredited media personnel can conduct short interviews. Combined Events athletes will go through the Mixed Zone only after the last event of each day. The Post Event Control Area is located at the end of the mixed zone, where baskets containing athletes' clothing and bags will be delivered.

Officials in charge of doping control will notify athletes selected for doping control tests at the Post Event Control Area, and athletes will be escorted to the doping control room. Officials in charge of medal ceremonies will escort the medal-winning athletes to the medal ceremony gathering area. Athletes are requested to attend the press conference when requested by press.

3.19.3. Protest and Appeal

Jury of Appeal will be comprised by the members of the AAA Council.

Protests will be resolved according to the IAAF Rule 146. Protests concerning the result or conduct of an event must be made within 30 minutes of the official announcement of the results of that event. Any protest shall, in the first instance, be made orally to the Referee by an athlete or by someone acting on his/her behalf, or by an official representative of a team.

An appeal to the Jury of Appeal must be made within 30 minutes:

- (a) of the official announcement of the amended result of an event arising from the decision made by the Referee; or
- (b) if the advice being given to those making the protest, where there is no amendment of any result.

It shall be handed to TIC in writing, signed by a responsible official on behalf of the athlete or team, and shall be accompanied by a deposit of USD100, or its equivalent, which will be forfeited if the appeal is not allowed.

4. Sports Facilities

4.1. Stadium (Team Seats)

All accredited team members will have seating available at the stadium for all competition sessions.

4.2. Field Events Coaches' Seats

A selected number of seats will be reserved for the team coaches whose athletes are taking part in the field events each day.

4.3. Combined Events Resting Room

There will be a waiting room for athletes taking part in combined events. Access to this room is limited to competitors and maximum of 2 officials for each team who are in possession of special passes. These passes can be collected at TIC.

4.4. Warm Up Area

The warm up track, it has four 300m lanes, next to the Tseung Kwan O Sports Ground will be used as warm up area for track and jump events (except Pole Vault) only. Minimum two trials per each athlete are guaranteed at the competition site before the start of competition.

4.5. Training Venue

4.5.1. Hong Kong Sports Institute

The track (8 lanes standard track) inside the Hong Kong Sports Institute will be used as the training area for track, jumping and throwing events (except Pole Vault & Hammer Throw).

Opening hours:

Date	Time	Remarks
13 March (Wednesday)	1300-1700	All Events except PV & HT
14 March (Thursday)	1300-1700	All Events except PV & HT
15 March (Friday)	0900-1700	All Events except PV & HT
16 March (Saturday)	0900-1700	All Events except PV & HT

4.5.2. Tseung Kwan O Sports Ground (for Pole Vault & Hammer Throw)

The competition venue will be opened for training of all events (including Pole Vault & Hammer Throw) in the following sessions:

Opening hours:

Date	Time	Remarks
13 March 2019 (Wednesday)	1400-1800	All Events
14 March 2019 (Thursday)	0900-1230	All Events

4.6. Medical Services

The LOC will provide medical services at the main stadium. Free medical service will be provided by the LOC for all accredited team members at the LOC medical facility. For any assistance at the Hotel, please contact the liaison officers or the Hotel reception. For any assistance at the Stadium or at the warm-up area, please contact the Medical Room/Station in each place. Cases which cannot be dealt easily will receive medical care at hospitals in the vicinity. Please note any costs caused by further medical care in hospitals other than these on-site medical facilities must be paid by the respective teams. It is the responsibility of each team to have their own medical, travel and/or any other insurances.

4.7. Physiotherapy

The LOC will provide physiotherapy services at the main stadium or at the hotel.

4.8. Distribution of Ice

Ice cubes will be provided at the main stadium.

5. Doping Control

Doping Control tests will be carried out in accordance with the latest IAAF Anti-Doping Rules and Regulations. Athletes will be notified for doping control tests at the post event control area, and will be escorted to the doping control room. Failure or refusal to report to the doping control room after notification may result in anti-doping rule violation. The cost of doping control tests will be borne by LOC for those athletes being selected for the tests.

Athletes who set new national records and need doping control tests for the ratification of the national records will have to apply at T.I.C immediately after the event. The team must bear the cost for each test, which is USD300 for urine standard test and USD780 for urine standard plus EPO test, and this test fee must be paid in cash to T.I.C first when requesting for the doping control test.

Each team can find out whether their athletes have been taken to doping control room at the TIC. One team official may accompany the selected athlete during the doping control test.

6. Insurance

Each federation is responsible for their own insurance arrangements of their travel, medical and any other unforeseen accident, injury and illness on their own before travelling to Hong Kong.

7. Team Manual

The team manual has been approved by the Asian Athletics Association.