



11th Asian Indoor Athletics Championships

17th - 19th February 2024, Tehran



11th ASIAN INDOOR ATHLETICS CHAMPIONSHIPS

TEAM MANUAL



GENERAL PARTNER

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GENERAL INFORMATION



1.1 AA Council Member and International official AA

President	:	Gen. DahlanJaman B Al-Hamad (QAT)
Senior Vice President	:	Gen. Surapong Ariyamongkol (THA)
Vice President	:	Mr. Andrey Abduvaliev (UZB)
	:	Ms. Wang Nan (CHN)
	:	Gen. Muhammad Akram Sahi (PAK)
	:	Mr. Tigor M. Tanjung (INA)
	:	Mr. Sayar Alanezi (KUW)
Secretary General	:	Mr. A Shuggumarran (SGP)
Individual Members	:	Mr. Rajeev Bikram Shah (NEP)
	:	Mr. Kwan Kee (HKG)
	:	Mr. Agapito D.Capistrano (PHI)
	:	Gen. Mohamed Abdalla M.A. Almur (UAE)
	:	Mr. Ching Cheng Wang (TPE)
	:	Mr. Roland Saade (LBN)
	:	Mr. Nguyen Manh Hung (VIE)
	:	Mr. Koo Bon Chil (KOR)
	:	Ms. Stepanisheva Tatyana (TKM)
	:	Ms. Filomena Barros Dos Reis (TLS)
	:	Ms. Yuko Arimori (JPN)

International Officials

Organizational Delegate	:	Gen. Muhammad Akram Sahi (PAK)
Technical Delegates	:	Mr. C.K.Valson (IND)
	:	Mr. Mahmoud A H Abul (KUW)
Jury of Appeal	:	Mr. A. Shuggumarran (SGP)
	:	Gen.Mohamed Abdalla M.A. Almur (UAE)
	:	Ms. Obiena Ma Jeanette (PHI)
Medical/Anti-Doping Delegate	:	Dr. Aigul Dzhusubaeva (KGZ)

International Technical Officials : Ms. Sin Ka Yan Claudia (HKG)
Mr. Bandyopadhyay Sambhudas (IND)
Mr. S.Chinatamy (MAS)
Mr. Ahmed Munthaqim (MDV)
Mr. Muhammad Talha Iftikhar (PAK)
Ms. Obiena Ma Jeanette (PHI)
Ms. Carine Olivia Attan (SGP)

Photo Finish Judge : Ms. Cheung Lai Ching (HKG)
International Starter : Ms. Jayalakshmi Mylvaganam (SGP)
Protocol Director : Mr. Raghdan Nakdali Faisal (SYR)
Competition Department : Dr. Sahil (IND)
Ms. Luxsamee Chimwong (THA)
Asian Athletics Secretariat : Ms. Khwanhathai P (THA)
Ms. Pattamavan (THA)

1.2 Local Organizing Committee Athletics Federation of IRAN

President : Mehdi Mobini
Secretary General : Mohammad Mashhadiyari
Conference member : Bijan Shadmehr
Executive director : Ghasem Ali Firouzi

1.3 Information About Tehran

Tehran is the capital of Iran and one of the largest and most populous cities in the world, with a population of 14 million. Tehran has a temperate climate, as it is located at 35.41 north latitude and 51.15 east longitude and 1,200 meters above sea level , Which makes it a little cooler than other capitals in the Middle East. However, this does not prevent escaping Tehran's hot summer and its cold winter for a nice. The best time to visit Tehran is late September to early November and mid-April to early June.

Tehran has more than half of the country's basic industries such as electrical, textile, automotive, cement, chemicals and other industries, as well as many theaters, schools, universities, parks and museums.

1.3.1 How to spend your days in Tehran

Dinning

1. Shandiz restaurant

If you are interested in Iranian cuisine specially Iranian Kebabs, we recommend you to enjoy Shandiz restaurant. Which is near to your accommodation hotel. Saba Blvd, Jordan, Tehran, +98 21 2205 4848



SHANDIZ RESTAURANT

2. Orkideh restaurant

It is also another restaurant which is near to your accommodation hotel and you will definitely enjoy spending time and eating there.

Kaj Sq (Shahid Tehrani Moghadam), Allameh Shomali, Eghbal melli St, +98 21 79397



ORKIDEH RESTAURANT

Iran's capital has plenty of sightseeing opportunities to offer. You can see some of the recommended places as followed:

1. Golestan Palace

Make a point to visit Golestan Palace, a UNESCO World Heritage site, whose Shams-ol-Emareh towers and clock are said to have been gifted by Queen Victoria. The seat of the Qajar dynasty's government, this extravagant palace includes magnificent pools, grand mirrored halls, and fantastic mosaics. Don't miss the masterpieces of painter Kamal ol-Molk displayed throughout the buildings.

Golestan Palace, Panzdah-e Khordad Square, Tehran, Iran, +98 21 3311 3335

2. Milad Tower

Visit Milad Tower, which always has events going on from the time it opens until closing hours. Discover shops, get acquainted with wax figures of renowned Iranians, grab a bite to eat and, of course, take the elevator to the top and view Tehran from over 305 meters (1,000 feet)—something that will surely draw you back to the city for longer visit as soon as possible.

Milad Tower, Milad Tower Rd, Tehran, Iran, +98 21 8436 1000

3. Sa'dabad Complex

The complex was initially built and inhabited by Qajar dynasty of monarchs in the 19th century. It includes more than 180 hectares of natural forest, streets, qanats, galleries, mansions/palaces and museums

Taheri ST, District 1, Tajrish, Tehran, +98 21 2275 2031

4. Darband

It is one of the most spectacular and attractive areas of Tehran, which has many fans for sightseeing due to its excellent weather. In fact, People of Tehran and people who travel to Tehran choose Darband as one of the tourist areas to get away from the heart of the capital.

Taheri ST, District 1, Tajrish, Tehran, +98 21 2275 2031

1.3.2 General Information

Population	14,000,000
Language	Persian
Currency	Iranian Rial
Time zone	GMT+3:30
Altitude Tehran	1,040m
Hours of daylight	06:38-17:20
Shop opening hours	09:00-21:00
Post Office / Bank opening hours	08:00 – 15:00

Electricity Specifications

Dialing Codes

Country Code : 0098
Area Code : 021

Useful Telephone Numbers

Emergency Number : 112
Police : 110
Medical : 115
Fire : 125
Tourist Information : 02188913410

Drinking Water

Please drink only boiling, filtering water or water in bottle.

Climate

Average temperature for Tehran in February

Average High Temperature : 9.9
Average Low Temperature : 0.7
Average Temperature : 4.9
Average Monthly Precipitation : 8.9



1.3.2 General Programme

15 February (Thursday)	:	Team Arrivals and Accreditation at Hotel
16 February (Friday)	:	9:30am – Stadium Tour
16 February (Friday)	:	10:30 to 11:30 Training with Official Starter
16 February (Friday)	:	11:00 – Technical Meeting at the Conference Hall at the Main Stadium
17 February (Saturday)	:	Opening Ceremony at the Stadium
17 to 19 February	:	11th Asian Indoor Athletics Championships
20 February (Tuesday)	:	Team Departures

TRAVEL TO TEHRAN

2.1 Official Airport and Arrival Information

Imam Khomeini International Airport is the official airport. It is within 50 minutes driving time from all the important locations (Accreditation Centre, Teams' Hotels, etc.)

Vaulting poles will be transferred from the airport directly to the training area at the Main Stadium. Be sure to arrange for travel on airlines that are able to transport your vaulting poles.

2.2 Entry Visas

No on arrival visa will be issued. All participant will be issued visa by Organizing Committee. To facilitate visa the member Federation should send the details of team as early as possible.

2.3 Insurance

All Member Federations are responsible for their own insurance to cover illness or injury to any member of their Delegation and/or team when travelling to and from AA competition and during the event itself.

All Member Federations are responsible for subscribing to an insurance policy that covers illness and/or injury to any members of their delegation and/or team travelling to and from Asian Indoor Athletics competitions and during itself. Furthermore, proof of such insurance is now required in most cases to obtain visas.



3.1 Accreditation Centre

The Teams' Accreditation Centre will be located in the track and field complex "main head quarter hotel of AA". Opening Dates and Times will be as follows:

- 15 February (Thursday) : 9:00 - 19:00
- 16 February (Friday) : 9:00 - 19:00
- 17 February (Saturday) : 12:00 - 17:00
- 18 February (Sunday) : 12:00 - 17:00
- 19 February (Monday) : 12:00 - 17:00

3.2 Accreditation Procedures and Payments Team Leader

The Team Leader will have to report to the LOC / Organizing Committee Offices at the accreditation centre before collecting his card in order to complete the following formalities:

- Uniform Check
- LOC Accommodation Invoice
- Final Confirmation of Entries

Member Federations will be asked to complete the accounting procedures and settle any extra payments (for team members above quota, use of single rooms, extra days, etc.) before arrival or on the day of arrival. After completion of all banking procedures Team Leader can collect the accreditation card, which will be given upon presenting a document stating all procedures have been completed.

Athletes and Officials :

All Athletes and Officials will check into their hotel before any accreditation is collected, but access cards to the rooms will be provided only after the Team Leader completes all procedures. Once checked in the Team Manager will be directed to Team Processing (only present at the track and field complex "Aftab E Enghelab"/) to settle any outstanding payments.

***We request you to notify the Organizing Committee in advance about when you will make payment for accommodation outside the quota (on the day of arrival or before arrival), you will be billed for payment**

NB: To shorten procedures and avoid delays, it is strongly advised to settle payment prior to arriving into Tehran. The LOC Finance Team will be getting in contact with all teams to settle their Accommodation Invoice in advance of their arrival.



3.3 Quota and Financial Support

Free Quota for the 11th Asian Indoor Athletics Championships for each country shall be 5 athletes and 1 official.

3.4 Arrivals outside the Accreditation Centre Opening Times

Athletes and Team Officials arriving at the hotels after the closing of the Accreditation Centre will be able to access the hotel for the night. The next morning, they must proceed to the Team's Accreditation Centre to finalize the procedures and collect the official Accreditation Cards.

3.5 Special Passes

LOC shall provide special passes as required for the following categories:

- Field Event Coaches
- Combined Events Rest Room (two per athlete for coach and physiotherapist)
- TIC Passes
 - for collecting items from the pigeonhole
 - for Team Officials' access to the Post Event Area

3.6 Loss of Accreditation Card

The Accreditation Card must be worn visibly at all times and must be presented upon request. It is personal and non-transferable. In case of loss or theft, please report immediately to the Teams' Accreditation Centre or TIC at the Main Stadium. In order to obtain a new Accreditation Card, the Team Member must proceed to the Accreditation Centre, accompanied by his/her Team Leader or the higher official in his/her Delegation, carrying a passport or an appropriate identification document



ACCOMMODATION



PARISAN ESTEGHLAL INTERNATIONAL HOTEL

4.1 AA FAMILY HOTEL

AA Family and Team Hotel : **Parisan Esteghlal International Hotel(5 Stars Hotel)**

4.2 Teams' Hotels Costs

For all athletes within the Quota the LOC will offer free accommodation in single/twin rooms in the hotel during the official period (arrival, 15 February 2024 departure, 20 February 2024), for a maximum of five nights. Single rooms will be charged a supplement as detailed below.

All Prices per person per day Full Board (in USD)	Official Period from 15 to 20 February (5 nights)		Outside the period (Full Board) per person	
	Twin	Single	Twin	Single
Athletes in quota	Paid by LOC		120 (Per Person)	160
Officials and Athletes outside the quota from 15th February to 20th February	120 (Per Person)	160	120 (Per Person)	160

The accommodation invoices will be based on the information (number of persons and arrival / departure details) provided in the Final Entries. Payment of extra costs can be made only in Cash.

- In cash: US Dollars



4.3 Teams' Hotels Check-in Procedures

Team Managers must report to the LOC Accommodation Desk, which will be located next to the Hotels Main Reception Desk, to complete the check in procedure. The Accommodation Team will confirm the rooming list as previously provided by the Team and then issue the room keys. All team members must have on them a valid identification document (Passport or Identity Card) for check-in.

Once checked in, the Team Manager will be directed to 'Team Processing' to settle payment. Once payment has been settled the Team Manager can collect his/her accreditation.

If other hotel services are required, the individual must only pay in cash and not by credit card as credit card may not work in IRAN.

Please note: Each Team will check in at the Hotel they have been allocated to but will settle their accommodation payment and pick up their accreditation at the Accreditation Centre.

4.4 Services in the Teams' Hotels Accommodation Desk

For questions related to check in, hotel registration and travel our Accommodation team will be happy to assist you. In each hotel will have an Accommodation desk that can also provide help with general event questions.

Internet Access

Wi-Fi will be available in all hotels

4.5 Meals

Athletes and team officials will be admitted to the meal service area in the team hotel upon presentation of their accreditation cards. However, access to this area will only be possible in the hotel where they are staying. Meals will all be served in buffet style and, to the extent possible, will be similar in all hotels. Cuisine will cater for special diets and religions and all food shall be appropriately labelled in English. Meal times shall be as follows:

- Breakfast : 7:00 - 11:00
- Lunch : 12:30 - 15:30
- Dinner : 19:00 - 23:00





Teams' transport between hotels and other locations will be provided by the Local Organizing Committee. Transport will be provided by buses, minibuses or vans. Team will be transported to the stadium and back to the hotel by shuttle services .

- Shuttle services will be at an interval of 15minutes before the start of the competitions and after the finish of the competitions.
- During the competitions the interval of the Shuttle services will be 30minutes.
- First Bus will start from the hotel 2hours and 30minutes before the first event of the competitions.
- Last bus from the stadium to hotel will be 1hour after the finishes of the competitions .

Detailed schedules will be posted in the official information points of the Championships (Hotel Information Desks, CIDs and TIC). A copy will also be distributed during the Technical Meeting on 16th February 2024 at 11am.

4.3 Teams' Hotels Check-in Procedures

Below are the approximate time and distances between the key locations.

No.	Name of the Hotel	Distance from the Arena to the hotel			Distance from the Hotel to the Airport		
		Distance	Taking into account traffic jams	Excluding Traffic Jams	Distance	Taking into account traffic jams	Excluding Traffic Jams
01	Parsian Esteghlal International Hotel	12km	60mins	30mins	60km	1hour & 40mins	60mins



INFORMATION CENTRES



6.1 Technical Information Centre (TIC)

The TIC is located at the Entrance of the main Stadium

The main task of the Centre is to ensure a smooth liaison between each Delegation and the Local Organizing Committee, the AA Technical Delegates and the Competition Management of the Championships regarding technical

The TIC is in charge of, but not limited to, the following:

- Display on the relevant Notice Board of official communications to the teams, including Start Lists, Results and Call Room reporting times. These will also be displayed at the Warm-up Area.
- Distribution of Urgent notices to the Delegations from the Technical Delegates and Competition Management via the pigeonholes. It is the Team Leader's duty to collect this kind of information in due time.
- Distribution of Special Passes.
- Receipt of Relay Order Confirmations.
- Receipt of written questions for the Technical Meeting (deadline 9:00am on 15th February 2024).
- Protest and Written Appeals.

Opening Dates and Times will be as follows :

- 16 February (Friday) : 8:30 - 21:30
- 17 February (Saturday) : 8:30 - 21:30
- 18 February (Sunday) : 8:30 - 21:30
- 19 February (Monday) : 8:30 - 21:30

This will be the main center for technical information although certain documents produced in the TIC will also be distributed to the CIDs for circulation.

6.2 Competition Information Desks (CID)

The CID will be situated at hotel where competitors will stay and will be linked to the TIC. It shall be in charge of, but not limited to, the following:

- Display on the relevant Notice Board of official communications to the teams, including Start Lists, Results and Call Room reporting times.
- 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.

- Receipt of written questions for the Technical Meeting (deadline 15 Feb 16:00).

Opening Dates and Times will be as follows :

- 15 February (Thursday) : 7:30 - 21:00
- 16 February (Friday) : 7:30 - 21:00
- 17 February (Saturday) : 7:30 - 21:00
- 18 February (Sunday) : 7:30 - 20:00
- 19 February (Monday) : 7:30 - 20:30
- 20 February (Tuesday) : 7:30 - 17:00

6.3 Event Information Desk

The Event Information Desk will be happy to help you with information on all things outside of the competition. Technical and Competition related questions can be addressed at the Technical Information Centre or CID. Information on the General Programme, transport, meals, social activities and any special requests can all be provided at the Event Information Desk. Not sure where to go with your question. Come see us in the lobby of the hotel

6.4 AA Competitions Department Offices

Staff from the AA Competitions Department will be in Tehran to assist the LOC with the final preparation and conduct of the Championships and the teams with their participation. They can be contacted as follows:

- 14 to 16 February Teams Accreditation Centre
- 17 to 19 February AA Competitions Office at the Stadium – can be contacted through the TIC.

6.5 Document Distribution

The distribution of competition related information at the TIC and CID will NOT be systematically made through printouts in the Team pigeonholes but will be displayed on the notice boards (also available at the warm-up Area).

It will still be possible to request occasional copies of specific event start lists and / or results (at the TIC). Important notices of general interest (e.g. changes to the timetable) will also be displayed on the Posting Board while individual communications to specific teams will still be posted through the pigeon.

COMPETITION FACILITIES, EQUIPMENT AND IMPLEMENTS

7.1 Main Stadium

The Championships will take place in the track and field of Aftab e Enghab sports complex “Iran”. This multi- function facility is situated in close proximity to the heart of the Tehran city. This will feature:

- 200m oval track (6 lanes)
- 60m straight (8 lanes)
- One High Jump site
- One Pole Vault site
- One Long/Triple Jump site
- One Shot Put site

The rest area for the Combined Events will be situated in the Warmup area. Team Seats are located in the North stand.

7.2 Warm-up Area and Training

The Warm-up area facility will be an outdoor Stadium with following facilities:

- 60m x 5 Lanes Straight
- Synthetic surface to allow for athlete movement.
- Team Medical Area.

The entrance to the Warm-up area will be from the team areas in the arena. The warm- up area will be available at the following times:

- 15 February (Thursday) : 16:00 - 21:00 (for training)
- 16 February (Friday) : 9:00 - 21:00 (for training)
- 17 February (Saturday) : 8:00 - 21:30 (Only for athletes competing on this day)
- 18 February (Sunday) : 8:00 - 21:30 (Only for athletes competing on this day)
- 19 February (Monday) : 8:00 - 20:00 (Only for athletes competing on this day)

7.3 Training at the Competition Venue

Athletes shall also be given the opportunity to train at the competition venue before the Championships. The competition venue will be available at the following times:



- 16 February (Friday) 09:00 – 12:00.
- A 60-minute training session with the official starters will be held between 16 February (Friday) 10:30 – 12:00

7.4 Sports Equipment

All competition equipment will be provided by LOC and will have WA certificate

Vaulting Poles

Concerning the transportation of the vaulting poles, these will be collected by the LOC directly at the airport and transferred to the competition venue. A tag with the athlete's details will be placed on the pole for easier identification. A pole vault check-in and check-out table will be located in the warm-up venue. On departure, LOC will arrange transport directly from the Main Stadium to the airport where the poles will be kept in a secure place ready to be collected by the athlete before flight check-in.

Markers

Athletes will not be permitted to use their own markers during the Championships. Those athletes wishing to use a marker will be required to use the markers provided by the LOC and available at the event site.

7.5 Official Implements

Men				
Catalogue No.	Company	Description	Colour	Certification No.
SHOT 7.26 kg				
	Polanik		Various	1 - 23 - 0358
	Feilu		Various	1 - 17 - 0804

Women				
Catalogue No.	Company	Description	Colour	Certification No.
SHOT 4 kg				
	Feilu		Various	1 - 17 - 0797



Personal Implements will also be allowed, providing that :

- they are readily identifiable and are World Athletics certified.
- they are not already on the official list.
- they have been checked for compliance with World Athletics Rules.
- they are made available to all the other athletes until the end of the Final

Location & Time for submitting	Return
Personal Implements checking desk at the TIC between 12:00 and 14:00 on Friday, 16 February. A receipt will be given for the implements	Implements will be returned in exchange for the receipt after the event's Final at the Personal Implements checking desk at the TIC

ENTRIES AND FINAL CONFIRMATIONS

8.1 Age Categories

- U18 (Youth) athletes: any athlete aged 16 or 17 years on 31 December 2024 (born in (2007 or 2008) may compete in any event except the Shot Put.
- Athletes younger than 16 years on 31 December 2024 (born in 2009 or later) cannot compete in any event.

8.2 Final Entries

The deadline for completing and submitting the Final Entries is 9 January 2024 (midnight Bangkok Time).

8.3 Final Confirmations

8.3.1 General

Teams will receive the Final Confirmation Forms upon arrival in Tehran and Team Leaders, or their representatives, must confirm the names of those athletes already entered who will actually take part in the competition.

Final confirmation shall be made as per the deadlines below:

- 12:00 on 16 February for all events on Day 1 (17 February)
- 12:00 on 17 February for all events on Day 2 & Day 3 (18-19 February).

The team leaders can also submit the final confirmations upon arrival and for all competition days together if they prefer so.

8.3.2 Relays

The final composition of the relay teams and the order of running must be declared at the TIC no later than the first call time.

Any four athletes among those entered for the competition, whether for the relay or for any other event, may then be used in the composition of the team.

8.3.3 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.

8.4 Withdrawals

Withdrawals after final confirmation have to be submitted, on the official Withdrawal Form, to the TIC. The reason for the withdrawal has to be specified in detail, being its acceptance, the responsibility of the Technical Delegates based on the World Athletics Rules. If an athlete is entered in any other subsequent event, it is mandatory to have a medical delegate (officially appointed by the AA) signature on the withdrawal form before submitting it.

COMPETITION PROCEDURES

9.1 Technical Meeting

The Technical Meeting will take place on 16 February at 11:00 at the Conference Hall at the Main Stadium. As usual, no more than two representatives from each participating Member Federation (and in addition an interpreter or attaché if required) may attend the meeting.

The AA Technical Delegates will preside over the meeting, which will be conducted in English.

The meeting will provide updates and new information which is not already mentioned in this Team Manual and will include :

- Timetable amendments (if any).
- Progressions and Raising of the bar.
- Answers to written questions.

Written Questions

Any enquiries concerning the Championships must be made in writing (in English). These questions will be answered at the Technical Meeting. The forms on which the questions must be written will be distributed upon arrival at the Accreditation Centre. These forms must be returned to the TIC or CID no later than 18:00 on 15 February. No questions will be accepted during the Technical

Meeting however the Technical Delegates will be available for a limited time to take a few individual questions after the meeting.

9.2 Orientation Visit for Team Leaders and Coaches

Just before the Technical Meeting, a visit to the main Stadium and Warm-up Area will be organized on Tuesday, 16 February at 10:00, in order for the Team Leaders and Coaches to familiarize themselves with the exact location of the various facilities (changing rooms, Warm-up area, Call Room, interview room, etc.).

More information with regard to this visit, including transport arrangements, will be available at the Competition Information Desks .

9.3 Timetable

The timetable for Tehran was approved by the Technical Delegates.

Changes are possible following the final entries. Information on any changes to the Official Timetable will be provided at the Technical Meeting and through the TIC.

9.4 Athletes' Bibs

The Bibs will be distributed during the Technical Meeting in the Conference Hall at the Main Stadium. Bibs which are not collected, shall be taken to the Stadium TIC on FRIDAY , 16 February 2024.

All athletes will receive 3 bibs, which shall coincide with the information written in the start list, as follows:

- 3 bibs with the competition number

Every athlete must wear three bibs during the competition, the one on the front, and the other on the back. In jumps events, it is possible to wear only one bib on the front or on the back. The third bib can be placed on the bag or on the tracksuit.

The bibs for the relays (carrying the country code – e.g. “IRN”) shall be handed out at the Call Room.



Special bibs (green background) shall be used for the leader of the Combined Events after each event. These shall be handled directly by the Combined Events Referee and distributed at the Combined Events Rest Area.

Bibs must be worn in accordance with World Athletics Rules and must not be cut, folded or obscured in any way. Failure to comply with the Rules may result in a disqualification or sanction.

9.5 Athletes' Clothing

All athletes must wear the official national uniform approved by their Delegation. Any advertising on clothes and bags must comply with World Athletics Rules and Regulations.

A sample of the uniforms must be taken to the Accreditation Centre upon arrival for inspection. Any infringement of the Rules may result in the disqualification of the athlete. Athletes not wearing their official team uniform will be required to acquire the correct attire before they progress through the Call Room.

9.6 Personal Belongings

Athletes competing in the field events (including during the Combined Events) will only be permitted to take a backpack or similar sized bag with them into the competition arena. Combined Events athletes may bring larger bags, but they must be left in the rest area in between events. Athletes are therefore requested not to take with them to the competition area large bags, bulky items, or other inappropriate items.

A strict inspection shall be made on illegal and prohibited items, which athletes may have in their possession. Media players, mobile phones, cameras, etc. shall not be permitted. Any items that do not conform to the World Athletics Technical and/or Advertising Rules and Regulations will be confiscated. Confiscated items may be retrieved at the TIC after the event.

Athletes competing in the track events must leave all their belongings in the baskets at the Call Room and enter the infield ready to compete. The baskets with their belongings will be transferred from the Call Room directly to the Post Event Area.

9.7 Call Room Procedures

The Call Room will be situated at the end of the Warm-up Area. All athletes must present themselves to the Call Room according to the scheduled times as noted below. Times will also be announced over the PA system as well as shown on the display Board in the Warm-up Area.



Athletes who fail to appear on time at the Call Room without a valid reason may be excluded from participating in this and all further events in the Championships, including relays. Team officials are not allowed to enter the Call Room.

Call Room Reporting Times – all times are prior to the actual starting time of the event:

Event	Report to Call Room	Arrival to Field of Play
Track Events	35'	7'
High Jump	65'	40'
Pole Vault	85'	60'
Long/Triple Jump	55'	30'
Shot Put	55'	30'

Note: Times may change slightly depending on number of entries and eventual changes will be announced at the Technical Meeting.

A dedicated, heat by heat, call-up schedule for each session will be issued once Final Entries are confirmed and displayed at the TIC, CIDs and the Warm-up Area.

The procedures in the Call Room shall be as follows:

- Identification of Athletes by means of their accreditation card and bib number.
- Checking of Athletes' Uniform
- Inspection of personal belongings (only for field events)
- Checking of Shoes and Spikes (model, shape, size, etc.).

The maximum sizes allowed are:

- All events (except for High Jump): not more than 6mm
- High Jump: not more than 9mm

If they do not comply with World Athletics Rules, the athletes will be asked to change them to the correct size.

After completion of these procedures, athletes must follow the instructions given by the officials at the Call Room before being escorted onto the Field of Play.



Athletes who compete in the Combined Events shall report to the Combined Events Rest Room ONLY before the first event of each day. For the first event of the day, the above reporting times apply. For subsequent events, the Combined Events Referee shall communicate the required reporting times directly to the athletes and will display them in the Combined Events Rest Room. All pre-competition checks will take place in the Combined Events Rest Room before the start of each event.

Team Leaders must ensure that all their athletes comply with the above before entering the Call Room to avoid delays.

9.8 Track Events

Athletes competing in Track Events will be required to change into their competition uniform and spike shoes in the Call Room. Their personal belongings will be taken directly from the Call Room to the post event area. The starter's commands will be given in English. Hip numbers will be provided at the Call Room.

9.9 Field Events

The field events having 16 or less athletes based on the final entries will be conducted as the straight finals (meaning no qualifications). In case of more than 16 athletes in any of the field events, a qualification round is to be held as per relevant WA rules. Top 8 athletes will qualify to the final in case the qualification round is held.

In horizontal field events, in case of the final with more than 8 athletes, all athletes will have three initial trials. The top 8 after three rounds will have three additional attempts.

In case of a final with 8 athletes, all athletes are entitled to 6 attempts.

9.9 Coaching Zones

Field Event Coaches will be given the possibility to access dedicated coaching zones in the tribunes by means of special passes which will be distributed through the TIC (one per athlete). The coaches concerned must gather at the Call Room, according to the same Call Room reporting times as their athletes, from where they will be escorted to the reserved seats.

9.10 Timing & Measurements

Official timing and measurement will be provided (Swiss Timing). All trials of all athletes are recorded and stored in the system.



9.11 Post Competition Procedures

All athletes will depart from the competition area via the Mixed Zone. In the Mixed Zone, the Media may conduct short interviews. Please note that the first three athletes in each final will also be required to attend the formal interview. After passing through the Mixed Zone, athletes move on to the Post Event Area where they will be able to recover and collect their clothing.

One Official per team will have access to this area (upon presentation of the TIC Pass) in order to contact the athlete in case of urgent need. Here athletes will also be notified for eventual doping control. From here they can then return to the Warm-up Area (and eventually to the hotel) or to go to the team seats.

9.12 Medal Ceremonies

The ceremonies will be held as per the timetable provided.

The first three athletes in each individual event and the first three teams in each relay race will be presented with a gold, silver and bronze medal

9.13 Protests and Appeals

Protests and Appeals will be handled according to WA Rule 8 Technical rules, an extract of which appears hereunder. Protests and appeals will be handled by the TIC at the Stadium.

9.13.1 Protests

Protests concerning the status of an athlete to participate in a competition must be made, prior to the commencement of such competition, to the Technical delegate(s). Once the Technical delegate(s) make(s) a decision, there shall be a right of appeal to the Jury of Appeal. If the matter cannot be settled satisfactorily prior to the competition, the athlete shall be allowed to compete "under protest" and the matter be referred to the relevant governing body.

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event. The Organizers of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded

Any protest shall be made orally to the Referee by an athlete, by someone acting on their behalf or by an official representative of a team. such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team points score is being conducted).



To arrive at a fair decision, the Referee should consider any available evidence which they think necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury of Appeal. If the Referee makes a decision, there shall be a right of appeal to the Jury. Where the Referee is not accessible or available, the protest should be made to them through the Technical Information Centre.

9.13.2 Appeals

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) of the advice being given to those making the protest, where there is no amendment of any result.

It shall be in writing, signed by a responsible official on behalf of the athlete or team, and shall be accompanied by a deposit of USD 100, or its equivalent, which will be forfeited if the appeal is not allowed.

Note: The relevant Referee shall, after his decision on a protest, immediately inform the TIC of the time of the decision. If the Referee was unable to communicate this orally to the relevant team(s) /athlete (s), the official time of the announcement will be that of posting of the amended results or of the decision at the TIC.

MEDICAL SERVICE

10.1 General Plan

Following is general information regarding medical services for the Championships.

Prior to and during the event, medical services will be available at selected locations and at the venues related to the Championships.

All Medical Centres and Medical Teams will have direct communication and coordination and all medical personnel will be identified by official identification documents.

A fully equipped emergency ambulance will be available on-site with a medical team during the Competition. Emergency services will also be available on-call for training periods, hotels and other venues 24 hours a day.



10.2 Emergency Contact Numbers

For all medical emergencies anywhere in the IRAN you should call number

10.3 Medical Services in the AA and Teams' Hotels

Healthcare services for all accredited people are available on call 24 hours during the Championships.

For emergency medical situations an ambulance with a medical team is available on call 24 hours a day.

For after-hours non-emergency medical care, a phone consultation service will be provided to determine the best course of action and necessary medical care. Translation services will also be provided.

10.4 Venues Medical Services

10.4.1 Main Stadium

A suitably equipped Medical Center will be set up at the main Stadium. It will include first aid and emergency care as well as examination rooms and treatment areas. Medical staff on site will include medical doctors, including sports medicine specialists, emergency trained physicians and internal medicine and orthopaedic physicians. Physical therapists, massage therapists and chiropractic physicians will also be on site at all times during practice and competition times. Medical staff will be available two hours prior to one hour after competition and during official practice times.

10.4.2 Warm-up Area

The Warm-up Area is located in the same building the Main Stadium and the medical services for this area will be provided by the Main Stadium Medical Center.

Dedicated space for physiotherapy will be available for the teams in the warm-up area.

10.5 Procedures in case of injury or illness

The LOC Medical Services at the venues will focus on the treatment of injured athletes and emergency evacuation. In case of need for further treatment, athletes will be transferred to partner hospitals or other appropriate medical facilities.

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



10.6 Massage Services offered by the LOC

LOC Medical services include massage services in the main stadium.

10.7 Designated Medical Institutions

Multidisciplinary City Hospital have been designated to aid in each emergency situation. Multidisciplinary City Hospital has been designated as the non-emergency facility to provide x-ray, MRI, laboratory and diagnostic services.

10.8 Other Information

Both the Competition and training areas will have a sufficient supply of ice for treatment and drinkable water for Athletes.

Emergency medications will be available for use at the medical rooms as necessary, and as prescribed by licensed physicians from the LOC Medical Center and as supplied by the Medical Director. Other medical prescriptions given by accredited team physicians can be supervised by local medical teams' physicians if requested.

DOPING CONTROL

Doping Control test will be carried out in accordance with the WA rules, the athletes will be chosen based on TDP for doping control test and notified at the post event control room. Doping Control tests will be conducted using urine samples. Competitors chosen for doping control tests must be accompanied by one of the following : team official, coach or doctor.

Athletes who set a new national record and need doping control tests for the ratification of the national records will have to apply at TIC immediately after each event. **For this case, each team must bear the cost which is 350 US\$ for urine standard test and 700 US\$ for urine standard plus EPO test, and this test fee must be paid in cash to TIC when requesting for the doping control**

More details will be provided at Technical Meeting

DEPARTURES

The Team Leader will be requested to confirm the departure information, already provided in the Final Entries, at the Team's Accreditation Centre. The bus schedule will be made available at the Hotel Information Desks so that all Team Members are informed of the departure time of the buses from the Hotel to the Airport.

Vaulting Poles will be located in the Baggage Claim Area at so Teams can collect them and proceed to their flight check in.

APPENDIXES

11th Asian Indoor Championships 2024 - Timetable (WOMEN)

Day 1 - Morning			
Row	Time	Event	Round
101	10:00	60m H	Heat
102	10:10	Long Jump	Final
103	10:20	Shot Put	Final
104	10:30	400m	Heat
105	11:00	1500m	Final
106	11:40	60H	Final
	11:55	Long Jump	MC 1
	12:02	Shot Put	MC 2
	12:09	1500m	MC 3
	12:16	60mH	MC 4

11th Asian Indoor Championships 2024 - Timetable (WOMEN)

Day 2 - Morning			
Row	Time	Event	Round
201	10:00	60m	Heat
202	10:10	Triple Jump	Final
203	10:15	High Jump	Final
204	10:30	800m	Heat
205	11:00	400m	Final
206	11:10	60m	Final
	11:35	400m	MC 5
	11:42	Triple Jump	MC 6
	11:49	60m	MC 7
	11:56	High Jump	MC 8

11th Asian Indoor Championships 2024 - Timetable (WOMEN)

Day 3 - Morning			
Row	Time	Event	Round
301	09:00	60m H	Pentathlon
302	09:30	3000m	Final
303	09:45	High Jump	Pentathlon
304	10:00	800m	Final
305	10:30	Pole Vault	Final
306	11:00	Shot Put	Pentathlon
307	11:45	Long Jump	Pentathlon
308	12:55	800m	Pentathlon
309	13:05	4x400m	Final
	13:15	3000m	MC 9
	13:22	800m	MC10
	13:29	4x400m	MC 11
	13:36	Pentathlon	MC 12
	13:43	Pole Vault	MC 13

11th Asian Indoor Championships 2024 - Timetable (MEN)

Day 1 - Afternoon			
Row	Time	Event	Round
101	17:00	60m H	Heat
102	17:10	Long Jump	Final
103	17:20	Shot Put	Final
104	17:30	1500m	Final
105	18:00	400m	Heat
106	18:30	60m H	Final
	18:50	Long Jump	MC 1
	18:57	Shot Put	MC 2
	19:04	1500m	MC3
	19:11	60mH	MC4

11th Asian Indoor Championships 2024 - Timetable (MEN)

Day 2 - Afternoon			
Row	Time	Event	Round
201	16:00	800m	Heat
202	16:30	60m	Heptathlon
203	16:40	Pole Vault	Final
204	17:00	60m	Heat
205	17:10	Long Jump	Heptathlon
206	18:10	Shot Put	Heptathlon
207	18:30	Triple Jump	Final
208	18:40	400m	Final
209	19:15	High Jump	Heptathlon
	19:20	60m	Final
	19:32	400m	MC5
	19:39	60m	MC6
	19:46	Pole-vault	MC7
	20:00	Triple Jump	MC8

11th Asian Indoor Championships 2024 - Timetable (MEN)

Day 3 - Afternoon			
Row	Time	Event	Round
301	15:45	60m H	Heptathlon
302	16:20	Pole Vault	Heptathlon
303	16:50	High Jump	Final
304	17:10	800m	Final
305	18:00	3000m	Final
306	18:15	1000m	Heptathlon
	18:25	4x400m	Final
	18:32	800m	MC 9
	18:39	3000m	MC10
	18:46	High Jump	MC11
	18:53	Heptathlon	MC12
	19:00	4x400m	MC13