

Team Manual



14 - 15
March
2026

See you in Nicosia!

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1. GENERAL INFORMATION

1.1 Host Country Cyprus Republic

Form of Government	Constitutional Republic
Location	Island in Eastern Basin of the Mediterranean Sea
Area	9.250 km ²
Population	918.000
Climate	Mediterranean climate
Official Languages	Greek, Turkish
Capital	Nicosia
Local Time	CET + 1
Electricity	Standard 230 V. The plugs used are two rounds' pins (type C and F)
Driving	Left
Telephone Country Code	00357
Mobile Phone Networks	4G, 5G
Currency	EUR (€)

Cyprus is the third largest island in the Mediterranean and is situated in the eastern region of the Sea, between Israel, Lebanon, Turkiye and Egypt. The history of Cyprus is among the oldest in the world. The first signs of civilization are traced by archaeological excavations and research back to the 9th millennium BC, with continuous presence ever since.

1.2 Host City Nicosia

The capital of the island is Lefkosia (Nicosia) with a population of 245.900 in the sector controlled by the Republic of Cyprus. It is situated roughly in the centre of the island and is the seat of government as well as the main business centre.

2. TRAVEL TO NICOSIA

2.1 Official Airports and Arrival Information

The LOC will provide adequate welcome services at the official airport, GLAFCOS CLERIDES Larnaca International Airport (LCA) which is located 44 km from Nicosia and 22km from the Official Hotels. The average transfer time from the airport to the teams' official hotels is approximately 30 minutes, depending on the traffic conditions.

Paphos Airport (PFO), 145 km from Nicosia and 127 km from Official Hotels, may be used as an alternative airport, upon previous agreement with the LOC and at Member Federations' costs.

Kindly be advised that all participating Countries must arrive and depart only from the two officially recognized airports of entry into the Republic of Cyprus, Larnaca International Airport and Paphos International Airport. Entry through any other point shall not be accepted and accreditation shall not be granted.

To ensure a proper pick-up procedure, all teams are responsible for including their exact arrival information in the Final Entries. After the closing of the Final Entries, any amendments and updates will have to be sent by email to info@nicosia2025-26-27.org.cy with copy to competition@european-athletics.org.

In case of flight delays or lost luggage, please go directly to the designated desks inside the baggage claim area.

Upon arrival at Larnaca Airport the teams are kindly asked to approach the Welcome Desks which will be located outside the arrival Terminal.

As Larnaca is very small airport, Teams must pass from the immigration/police passport control to collect baggage's and exit where information Desk will be at the left side to Welcome you.

Contact Person in case of assistance: KYRIAKOS MICHAIL – 00357 99658622

The operating hours of the Welcome Desks will be as follows.

DATE	OPENING HOURS
Thursday 12 March	08:00 – until last arrival
Friday 13 March	08:00 – until last arrival
Saturday 14 March	08:00 – until last arrival

*The opening hours are provisional and will be in accordance with the provided arrival times from the Final Entries.

Teams will be transferred to their hotels and Team Leaders need to go to the Team Accreditation Centre (TAC) to collect all Team Members' accreditation cards. In case of early or late arrivals, accreditation formalities shall be carried out the following morning or as soon as possible.

2.2 Entry visas

Participants from the following countries require a Visa to enter Cyprus:

ARM - AZE - GEO - MKD - TUR

The following nationalities are exempt from holding a Visa to enter Cyprus:

ALB* - BIH* - KOS* - MDA* - MNE* - SRB** - UKR*

*The exemption shall apply only to holders of biometric passports.

**Excluding holders of Serbian passports issued by the Serbian Coordination Directorate (Koordinaciona uprava).

The other European nationalities not listed above are exempt from holding a Visa to enter Cyprus but must

have a valid passport.

It is the Member Federations own responsibility to apply for Visas in time before leaving their country, from the Cyprus Embassy or Consulate, and to make sure that all the documents required for the application are complete. Incomplete applications slow down the process and may lead to a Visa not being issued on time.

Participants who require a Visa should send all relevant details (as listed below) by **09 January 2026** to obtain a special invitation letter and Visa application information. It is crucial that relevant information is received by the above-mentioned deadline as otherwise entry to Cyprus may not be guaranteed. Please contact:

Tel.: +357 224 498 25

Email: koeas@cytanet.com.cy

Further details may also be obtained via:

Ministry of Foreign Affairs +357 996 601 29, +357 226 510

The following information shall be included in the request:

- Full name (first name and family name as shown in Passport)
- Function in the Team (e.g., athlete, official)
- Gender
- Date of Birth
- Passport Number and Passport Expiry Date

2.3 Insurance

According to the European Athletics Competition Regulations, the participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the European Athletics event and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

3. ACCREDITATION

3.1 General

In general, an accreditation card is proof of authority to access specific zones to carry out a function. It will contain alpha-numeric and colour-coded cardholder categories and numbered Accreditation Zones. The listed zones on each card will indicate the specific access privileges for each individual.

Each Team Member will receive an accreditation card, which must be always worn and should be clearly visible. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints. The holder is granted access rights only to the zones indicated on the front and shall use the designated entrances accordingly. The accreditation card remains European Athletics property and can be withdrawn at any time.

3.2 Team Accreditation Centre

The Teams' Accreditation Centre will be located at the Radisson Beach Resort Hotel. This is where the Team Leaders shall report as soon as possible after their arrival, to carry out the administrative procedures.

The opening dates and times of the Teams' Accreditation Centre will be as follows (depending on arrivals):

Date	Opening hours
Wednesday 11 March	08:00-22:00
Thursday 12 March	08:00-22:00
Friday 13 March	08:00-22:00

3.3 Accreditation Procedure

Registration of all Team Members must be completed through the European Athletics' entry system, during the Final Entries, which will be open from Wednesday 11 February to Wednesday 04 March 2026 (14:00 CET).

Upon arrival at the Team Hotels, the Team Leaders will be asked to go directly to the Team Accreditation Centre (TAC) to go through the accreditation process and pick up all Team Members' accreditation cards. As mentioned above, in case of early or late arrivals, accreditation formalities shall be carried out the next morning, or as soon as possible.

The Team Leader will be asked to complete the following formalities for the whole team:

- LOC accommodation invoice settlement,
- Check of athletes' passport or ID (or a copy),
- Accreditation card collection,
- Team vest check,
- Team leader's package collection (including BIBS),
- Confirmation of departure details.

Unauthorised use of an accreditation card will result in the card being confiscated

3.4 Access Areas for Teams and Special Passes

All team accreditation cards will allow access to the team seating area, warm-up area and training areas, changing facilities and physiotherapy rooms. Only athletes who are about to compete will have access to the call room and to the infield. Furthermore, accreditation will grant access to meals and to the Team Shuttle services.

The Head of Delegation or the Team Leader from each team is invited to the VIP Hospitality area and will be given the necessary access number on the accreditation card.

European Athletics shall provide special passes as required for the following zones:

- Throwing events coaching area (one per athlete),
- Mixed zone (for access to athletes at the end of the mixed zone) – one per team with a Team Press Liaison,
- Mixed zone and medical passes will be distributed during the accreditation process. The Throwing events coaching areas will be distributed at the Technical Information Centre (TIC) the day before the respective events. All special passes will be valid only in combination with personal accreditation.

Access to the Doping Control Area: The athlete only can access the doping control station accompanied by a chaperone. A delayed representative, who wishes to accompany his/her athlete (note: max one representative per athlete and an interpreter if needed), shall report at the reception desk at the doping control station directly.

If the athlete needs to be tested, because of a record or any other reason, he/she shall report to the TIC and fill-in a doping control request form. The duly signed form will give access to the doping control station.

4. ACCOMMODATION

4.1 General Information

The LOC has made accommodation arrangements for Team Members in 3 hotels of similar standard.

Radisson Beach Resort Hotel

Address: Dhekelia Rd, 7041 Larnaca

Tel: +357 24721110

Website: www.radissonhotels.com/en-us/hotels/radisson-resort-larnaca

Radisson Beach Resort Hotel is 22.3 km (18 min approx..) from the airport and 44.7km (30 min approx.) from National Stadium/GSP Venue.

Golden Bay Beach Hotel

Address: Dhekelia Road Pyla, 7081 Larnaca

Tel: + 357 24645444

Website: <https://goldenbay.com.cy/>

Golden Bay Beach Hotel is 24.1 km (19 min approx..) from the airport and 44.7km (30 min approx.) from National Stadium/GSP Venue.

Lordos Beach Hotel

Address: Dhekelia Road, 6305 Larnaca

Tel: + 357 24647444

Website: Lordos Beach Hotel & Spa in Larnaca Cyprus | Official site

Lordos Beach Hotel is 23.5 km (19 min approx..) from the airport and 44.6km (30 min approx.) from National Stadium/GSP Venue.

The teams' hotels allocation will be defined after the closing of the Final Entries.

The hotels will officially open with full services from Wednesday 11 March . If members of your Federation are planning to arrive earlier, please contact the LOC well in advance to require prices and availability from the hotels.

For the official period, each Team will be allocated a minimum number of single rooms equivalent to 10% of the total number of athletes and officials registered in the Final Entries. Additional single rooms can be requested and will be given according to availability and per the costs above.

4.2 Information Desks

The Information Desks will be in the lobby of hotels with volunteers offering relevant information about all aspects of the event.

The Information Desks will be the point of connection with the Accreditation Centre and TIC.

The LOC will ensure two English-speaking volunteers are based in each hotel just for this purpose.

And all relevant information shall be displayed on boards at each hotel.

The Information Desks opening hours will be as follows (depending on travel schedules):

Date	Opening hours
Wednesday 11 March	09:00-13:00
Thursday 12 March	09:00-21:00
Friday 13 March	09:00-21:00
Saturday 14 March	08:00-21:00
Sunday 15 March	08:00-21:00
Monday 16 March	08:00-21:00 According to departures

4.3 European Athletics Quota and Accommodation Costs

The number of team officials in the hereunder chart is also eligible for fixed price accommodation and other benefits. European Athletics will not cover these officials' accommodation costs:

Number of Athletes From – to	Number of Team Officials Up to (1):
1 – 3	3
4 – 6	4
7 – 10	7
11 – 15	11
16 – 20	13
21 – 25	17
26 – 30	19
31 – 35	23
36 – 40	25
41 – 45	29
46 – 50	32

(1) Team Officials include Head of Delegation, Team Leader(s), Coaches(including personal coaches), Medical Staff (medical doctors and physiotherapists), Team Press Liaison and others.

The teams may purchase additional coach packages (without accommodation and transportation but including accreditation with access to the warm-up, training facilities and team areas) only in case the maximum numbers of team officials as per the above ratio have been reached and fully used. Those packages will be charged at the rate of 150 EUR for the duration of the Cup and directly incorporated to the invoice of the respective Member Federations.

4.3.1 European Athletics Free Places Quota

According to European Athletics competition regulations (1010.4.) European Athletics will pay the board and accommodation expenses for not more than 3 (three) days and for a maximum of 4 (four) men and 4 (four) women from each visiting team in each category, with a maximum of only 1 (one) man and 1 (one) woman in each event.

4.3.2 Accommodation Costs

The following rates apply for team members. Prices are per room and day.

Team Members	Single room	Twin room
In-quota Athletes during official period	(N/A)	Covered by LOC/EA
Accommodation cost Out quota. Athletes and Team Officials	160 EUR per night	260 EUR per night
Accommodation cost (Outside Official Period)	160 EUR per night	280 EUR per night

1. For the official period, each Team will be allocated a minimum number of single rooms equivalent to 10% of the total number of athletes and officials registered in the Final Entries. Additional single rooms can be requested and will be given according to availability and per the costs above.
2. In case of later arrival/early departure of the sharing person, the night in the twin room used as a single room will be charged at the rate of the twin room (260 EUR during the official period).

Invoices are generated by the Entries System. They will be sent to each Member Federation after the Final Entries - they shall be checked and any additional amount (such as costs for a dedicated meeting room, for example) can be added as per MF requirements before the invoice is being sent to the individual Federation in pdf format.

Federations are kindly encouraged to make an advance payment before arriving to Cyprus.

Advance payments should be made in EUR by bank transfer to the following account:

BANK NAME: Bank of Cyprus.

BANK ADDRESS: Vyzandiou 5A, 2064 Strovolos.

ACCOUNT NUMBER: 357009972787

IBAN: CY17 0020 0195 0000 3570 0997 2787

BIC: BCYPCY2N

Note: A copy of the bank transfer will be required on arrival.

PLEASE NOTE that the Team Leader is requested to provide the LOC with a proof of payment upon arrival at the Team Accreditation Centre (TAC).

Outstanding payments must be settled on-site by the Team Leader during the accreditation procedure.

Payments at the TAC can be made only by credit card (VISA or MasterCard).

Team Leaders must settle any extra charges (bar, laundry, telephone, etc.) at the hotel reception, before departure.

European Athletics regulations – finances

610.10. The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for subsequent any reduction in the actual numbers of athletes and/or officials.

Only the Team Leaders will be requested to proceed to the Accreditation Centre to settle the payment procedures (in Euros). Credit Cards shall be accepted for the purpose. Once the accreditation process is complete Team Leaders shall proceed with the Teams' Hotels check in at the Reception Desk. Passports shall be taken from the Accreditation Centre to the Hotels Reception Desk.

4.4 Rooming list

Detailed information about athletes and officials' rooming list will have to be entered by the Member Federations during the Final Entries process. Further amendments after the closing of the Final Entries will have to be sent to:

- accommodation@nicosia2025-26-27.org.cy with copy to competition@european-athletics.org.

While registering their Final Entries, Member Federations will be requested to sign a consent form to allow the list of the room numbers for the members of the respective team to be communicated to Sample Collection Officials. Where this information is obtained, it will only be used for the purposes of pre-competition doping control testing, will be confidentially treated, and destroyed once it is no longer required for these purposes.

4.5 Meals

Meals will all be served in buffet style and, to the extent possible, will be similar in all hotels. A large selection of suitable food will be available taking into consideration special diets, religion, and culture of the participants.

The catering service will be provided in accordance with the current regulations of the Cyprus government administration (Ministry of Health) and the hotel's internal sanitary regulations.

All meals shall take place at the hotels, as follows:

	Breakfast	Lunch	Dinner
Friday 13 March	07:00 – 10:00	12:00 – 15:00	19:00 – 22:00
Saturday 14 March	07:00 – 10:00	12:00 – 15:00	19:00 – 22:00
Sunday 15 March	07:00 – 10:00	12:00 – 15:00	20:00 – 23:00
Monday 16 March	07:00 – 10:00		

A late serving provision will be made for those athletes retained at the Stadium due to doping controls or protests and for teams with late arrivals.

For lunch and dinner, mineral water is available free of charge. All other drinks must be paid for.

Accreditation cards will allow access to meals. Furthermore, access to restaurants will only be possible at the hotel where the respective team is staying.

All food restrictions (celiac, vegan, vegetarian, etc.) should be communicated to the LOC in advance (no later than 25 February 2026).

In addition:

- Menu proposals shall reflect the nutritional guidelines of EA (EA-Team Services Guidelines – November 2020) and will take place in buffet style
- If athletes have specific needs for early breakfast, the LOC will check with the Hotels and make arrangements
- Teams/people leaving immediately after the competition may request dinner boxes from the Hotels no later than 10:00 on Sunday 15 March at the Hotels' Information Desks.

4.6 Services in the Teams Hotels

One room for meeting opportunities will be available at the Teams' Hotels. Reservation shall be required via the Information Desks at a reasonable time in advance. To ensure that all Teams have access to the Meeting Rooms, usage shall be limited (45 minutes max.).

The Meeting and Physio Rooms opening hours will be as follows:

Date	Opening hours
Thursday 12 March	09:00-21:00
Friday 13 March	08:00-21:00
Saturday 14 March	08:00-21:00
Sunday 15 March	08:00-21:00

Rooms for Physiotherapy will be general rooms, which will be available in hotels for teams to set-up their massage beds. There will be also the LOC physiotherapy services offered to those teams that do not have their own medical staff.

4.7 Check-in / check-out times

Check in Time/Arrival: 14:00

Check in Time/Departure: 11:00

5. TRANSPORTATION

5.1 LOC Shuttle Service

Transportation between the Teams' Hotels and the various Venues will be guaranteed by the LOC shuttle service. A detailed specific timetable will be posted on the notice boards at the Information Desk in each Teams' Hotel:

- Hotel Radisson Beach Resort Hotel – Teams' Hotel
 - Address: Dhedelia Rd, 7041 Larnaca
 - Tel: +357 84721110
 - Website: <https://www.radissonhotels.com/en-us/hotels/radisson-resort-larnaca>
- Golden Bay Beach Hotel
 - Address: Dhekelia Road Pyla, 7081 Larnaca
 - Tel: + 357 24645444
 - Website: <https://goldenbay.com.cy/>
- Lordos Beach Hotel
 - Address: Dhekelia Road, 6305 Larnaca
 - Tel: + 357 24647444
 - Website: Lordos Beach Hotel & Spa in Larnaca Cyprus | Official site

Transfer times between the Teams' Hotels (Media Hotel to be dealt by the LOC separately) and the training/competition Venues will be in average about 35 minutes (around 44km) for competition venue (National GSP Stadium) and 15 minutes (around 4km/10 km) to training venue GSZ Stadium Larnaka

The following arrangements shall be made considering the number of teams and team members per hotel as above having the possibility of "2 additional shuttle buses/1 per hotel" in case of extreme/sudden need):

Thursday 12 March

- Shuttle bus service from the Teams' Hotels to GSZ Stadium Larnaka (every 60 minutes) starting at around:
 - 14:30 dedicated buses per Teams' Hotel

- Shuttle bus service from GSZ Stadium Larnaka to the Teams' Hotels (every 60 minutes) starting at: 16:30 last bus at 18:30
- Dedicated buses per Teams' Hotel

Friday 13 March

Training Session 1

- Shuttle bus service from the Teams' Hotels to GSZ Stadium Larnaka (every 60 minutes) starting at around:
- 08:30 dedicated buses per Teams' Hotel
- Shuttle bus service from GSZ Stadium Larnaka to the Teams' Hotels (every 60 minutes) starting at: 11:00 and final bus at 13:45
- Dedicated buses per Teams' Hotel

Training Session 2 at National GSP Stadium for Training and Technical Briefing

- Shuttle bus service from the Teams' Hotels to National GSP Stadium Nicosia (every 60 minutes) starting at: 15:00 dedicated buses per Teams' Hotel
- Shuttle bus service from National GSP Stadium Nicosia to the Teams' Hotels (every 60 minutes) starting at: 18:00 and final bus at 20:00
- Dedicated buses per Teams' Hotel

Press Conference

- To be advised

Competition Days

- Shuttle bus service from the Teams' Hotels to National GSP Stadium (every 45 minutes) starting at: 07.30
- Dedicated buses per Teams' Hotel
- Shuttle bus service from National GSP Stadium to the Teams' Hotels (every 45 minutes) starting at: 11.30
- **Last bus service: 20.45**
- Dedicated buses per Teams' Hotel
- Shuttle bus service from the Teams' Hotels to GSZ Stadium Larnaka (every 60 minutes) starting at around:

- Morning session: 08:30 dedicated buses per Teams' Hotel last bus at 12:30
- Afternoon session 15:30 and final bus at 20:00. Note on Sunday 16 March there will not be training session.

5.2 Departures

A shuttle service will also be in place for teams' departures. The frequency of this service will be based on the departure schedule, which will be posted at the Information Desk of each team hotel at least 24 hours before departure.

Teams will be asked to provide full travel details together with the final entries. Team leaders will have to confirm departure details during the accreditation process.

Any changes to the provided details shall be communicated to the LOC (Information Desk at the team hotel), at least 48 hours before departure.

6. TECHNICAL INFORMATION

6.1 Technical Information Centre (TIC)

The Technical Information Centres (TIC) will be located at National GSP Stadium.

The main function of the TIC is to ensure a smooth liaison between each Team Delegation, the Local Organising Committee, European Athletics Technical/Doping Delegates, and the Competition Management of the European Throwing Cup 2026 regarding technical matters.

The TIC will be open according to the following schedule:

Day	Open	Close
Friday 13 March	10:00	19:00
Saturday 14 March	08:00	19:30
Sunday 15 March	07:30	19:30

The TIC is responsible for, 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 Delegate and competition management

- Receipt of written questions to be answered during the Technical Briefing
- Settlement of technical inquiries from delegations
- Receipt of final confirmations
- Receipt of withdrawal forms
- Distribution of items confiscated at the Call Room
- Registration and collection of personal implements
- Managing of additional doping control requests (e.g. national records)
- Protests

The distribution of competition related information and important notices of general interest (e.g. changes to the timetable) at the TIC will NOT be systematically made through printouts in the Teams' pigeonholes but will be displayed on the notice boards. It will still be possible to request occasional copies of specific event start lists and / or results at the TIC.

Competition related information will be also sent by email to the Team Leaders to the email addresses communicated in the Final Entries and confirmed at the accreditation stage.

6.2 Virtual TIC

Team Leaders will also be provided with an individual and personalised access to European Athletics online tool, where they will be able to:

- make their final confirmations.
- download information posted by the LOC / European Athletics (technical information, daily Call Room schedule, etc.)
- fill-in competition forms (questions for Technical Briefing, General Inquiries to the TIC, Withdrawal forms, etc.)

The platform will be accessible at a link to be communicated to the teams at a later stage, together with a detailed user manual.

6.3 Orientation Visit & Technical Briefing

There will be no Orientation Visit as the presentation regarding the competition and warm-up venues will be given at the Technical Briefing.

The Technical Briefing will be held in the National GSP Stadium on **Friday 13 March, at 19:00**. Each team may be represented by a maximum of one person and, if necessary, an interpreter. It is especially important that all teams are represented at the Technical Briefing.

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

- Welcome by the President of the Local Organising Committee
- Welcome by the European Athletics Organisational Delegate
- Information briefing by the Technical Delegate
- Distribution of athletes per group
- Presentation of the competition and warm-up venues
- Timetable amendments (if any)
- Information briefing by the Doping Control Delegate
- Victory Ceremonies
- Answers to written questions

Any inquiries concerning the technical conduct of the Cup must be made in writing (in English). These questions will be answered at the Technical Briefing.

The forms on which the questions must be written shall be returned to the TIC/teams' hotels Information Desks or filled-in online on the final confirmation platform, no later than **Friday 13 March at 14:00**.

Start lists will be available after the Technical Briefing.

6.4 Team Leaders' WhatsApp group

A WhatsApp group including all Member Federations' Team Leaders will be created on site, to offer an additional platform to address instant messages and announcements. Major information of interest for all will be communicated to the teams by the TIC/European Athletics via this group.

7. COMPETITION & TRAINING VENUES, EQUIPMENT & IMPLEMENTS

7.1 Competition Venue

Competition will be staged in 3 venues all in National GSP Stadium as in Appendix 3

Venue 1

Venue 2

Venue 3

7.2 Warm-up area

Located on Venue 2

7.3 Training Venue(s)

Appendix 4

7.4 Official Trainings

Thursday 12 March

Training Venue GSZ Stadium, Larnaka

Discussions from 15:00 to 16:00

Hammer from 16:00 to 17:00

WANT TO LEARN MORE? VISIT WWW.ED.GOV

Javelin	from 17:00 to 18:00
Shot Put	from 15:00 to 18:00

Friday 13 March

Training Venue GSZ Stadium, Larnaka

Hammer	from 09:00 to 10:30
Shot Put	from 10:00 to 12:00
Discus	from 10:30 to 12:00
Javelin	from 12:00 to 13:30

Competition Venue GSP Stadion, Nicosia

Hammer	from 16:00 to 17:30 (venue 3)	from 17:30 to 19:00 (venue 2)
Shot Put	from 16:00 to 17:30 (venue 2)	from 17:30 to 19:00 (venue 1)
Discus	from 16:00 to 17:30 (venue 2)	from 17:30 to 19:00 (venue 1)
Javelin	from 16:00 to 17:30 (venue 1)	from 17:30 to 19:00 (venue 2)

Saturday 14 March

Training Venue GSZ Stadium, Larnaka

Javelin	from 09:00 to 10:30	from 18:00 to 19:30
Shot Put	from 10:00 to 12:00	from 16:00 to 18:00
Hammer	from 10:30 to 12:00	from 16:30 to 18:00
Discus	from 12:00 to 13:30	from 15:00 to 16:30

Sunday 15 March

Training Venue GSZ Stadium, Larnaka

Hammer	from 09:00 to 10:30
Shot Put	from 10:00 to 12:00
Javelin	from 10:30 to 12:00
Discus	from 12:00 to 13:30

7.5 Implements

7.5.1 Official Implements

The implements provided by the LOC are selected from those appearing on the current World Athletics approved implements list.

Personal Implements

Personal Implements shall also be allowed (**maximum of 2 personal implements per athlete**), providing that:

- They are readily identifiable and are World Athletics certified.
- They have been checked for compliance with World Athletics Rules
- They are made available to all the other competitors until the end of the competition.

Personal implements will have to be submitted to the implements check in point (located at the GSP Stadium the day before the event, **Friday 13 March**, no later than the following schedule:

- Javelin: 17:00
- Discus: 17:30
- Shot Put: 18:15
- Hammer: 18:30

If a personal implement cannot be accepted into the pool due to it not meeting the specifications or being unidentifiable, the relevant team will be notified through the TIC and the Technical Delegate, with an explanation, and the implement will be returned.

Note: "World Athletics Certified" implements may include older models that previously held a certificate but are not in production any longer.

In order to speed up the checking in of eligible personal implements, please come prepared and consult the World Athletics list on the website (<https://www.worldathletics.org/library>) in advance to identify the implement noting its World Athletics certification number. If you do not find your implement in the list but you believe that it is/was certified, please contact the World Athletics Office at technicalofficer@worldathletics.org so that its status can be checked and confirmed to you and the LOC in due time.

Markers

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

8. ENTRY RULES

In accordance with European Athletics competition regulations:

1002.6.1 Except in the Shot Put (men) and Hammer Throw (men), only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate in the European Throwing Cup.

Each athlete may only be entered in one age group of an event at the European Throwing Cup, and he/she can only compete in the age group for which he/she was entered. For the avoidance of doubt an athlete can be entered in different age groups in different events but cannot compete in the same event in two age groups.

1002.6.2 Only athletes aged at least 18 (eighteen) years on 31 December of the year of the competition may

participate in the Shot Put and Hammer Throw (men).

1002.6.3 Only athletes aged at least 16 (sixteen) and not more than 22 (twenty-two) years on 31 December of the year of the competition may participate in the Under 23 events.

Competitors must be able to present, if requested to do so by the Technical Delegate, an official document stating their birth date.

8.1 Team & Individual Entries

In accordance with European Athletics competition regulations:

1002.7. Each team shall consist of up to 3 (three) athletes entered in each event for Senior Men and Senior Women of which a maximum of 2 (two) may participate. Among these two athletes, 1 (one) may participate without any performance requirement, the second athlete may participate only if having reached an entry standard, between 1st January of previous year and final entry date. For Under 23 Men and Women, 2 (two) athletes can be entered in each event for of which a maximum of 1 (one) may participate.

For more details about Entry Standards for Senior Men & Senior Women, please see.

Entry Standards

1002.4. European Athletics Member Federations not entering teams may enter athletes to compete as individuals, each event being considered separately.

8.2 "I Run Clean" Certification

Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed the European Athletics Anti-Doping Education Program – I Run Clean. (1003.6).

Updated [ETC Regulations](#) are available on the European Athletics website.

8.3 Entry Procedures

Entries shall be made through the European Athletics Entries System which will be accessible at the following link: <https://evententry.worldathletics.org>. Member Federations' entries managers shall use their already known individual and personalised access.

8.4 Final Entries

Final Entries indicating the names and individual logistical information (detailed travel arrangements, accommodation request and rooming list) of the competitors and of the officials must be received not later than 10 (ten) days before the event. According to the regulations the deadlines for the Final Entries are:

- Opening of the Final Entries: Wednesday 11 February 2026

- Closing of the Final Entries: Wednesday 4 March 2026 (14:00 CET)

All member Federations will be able to consult and print out their entries at any time during the opening period and will receive a pdf report with a status of their entries 24h before the deadline as well as one pdf confirmation after the closing of the system.

No additional athletes will be accepted after the closing of the Final Entries. Exceptional changes related to already entered athletes may be accepted by European Athletics, until the final confirmation deadline of the first competition day. In case of such changes, the respective Member Federation would be accountable for a financial penalty of EUR 1500 per case. This amount would be deducted from the Member Federation's European Athletics subvention at the end of the year.

8.5 Final Confirmations

Team Leaders or their representatives must confirm the names of those competitors already entered who will take part in the competition.

Final Confirmations will have to be made online, via the European Athletics online tool, no later than **Friday 13 March, at 12:00** (local time).

8.6 Withdrawals

Withdrawals after Final Confirmation must be submitted on the official Withdrawal Form, to the TIC. If the athlete is entered in another event of the Cup, the reason for the withdrawal must be specified in detail, its acceptance of the responsibility of the Technical Delegate based on the World Athletics Rules.

8.7 Scoring

In accordance with European Athletics competition regulations (1002.10.) each team's score shall be determined according to the best performance of its highest finishing athlete in each event and shall be the aggregate of points attributed to those performances according to the International Scoring Tables. The team achieving the highest number of points shall be the winner, and so on.

Any team finishing without a scoring athlete in all 4 (four) events shall not be counted in the teams' classification. (1002.12.)

The points attributable to the best performance of each athlete in each event shall be combined into individual athletes' classification list(s). (1002.13.)

8.8 Ties

If two or more teams have an equality of scores calculated according to 1002.10, the tie shall be decided in favor of the team containing the athlete achieving the highest individual score from a single event. If the tie

remains the second highest individual score will be considered and so on. (1002.11.)

8.9 Participation Order

(...) Each event may, according to the numbers entered, be divided into 2 (two) or more groups considering as much information as possible about the performances of all athletes so that, normally, the best performers compete in the same group. In principle the distribution will be based on the World Ranking positions. Personal best performance and medals achieved at major events can be also considered by the Technical Delegate for the purpose of the distribution per group. The final distribution is at the discretion of the Technical Delegate. In any case all participating athletes have the right to 6 (six) attempts, and the participation order for each event shall follow the same criteria of the grouping's composition in a way that the best ranked athlete throws in the last position. (1002.3.)

9. COMPETITION PROCEDURE

9.1 Timetable

Please refer to Appendix 1 for the competition timetable which could be changed after the Final Entries deadline.

9.2 Competition Bibs

9.2.1 General

Each competitor will receive 3 bibs with names. These must be pinned to the front and back of the competition clothing and to the back of the tracksuit. Bibs must not be cut, folded, or covered in any way.

9.3 Competition Clothing

Competitors must wear the Federation's official team clothing. World Athletics TR5 will be strictly applied. Please make sure to follow the World Athletics Advertising Regulations in force. Clothing and items not conforming to this rule and the current World Athletics Advertising Regulations will be removed/taped at the Call Room.

European Athletics has a record of the Team vests of all Member Federations accessible at the following link:
<https://eathletics.sharepoint.com/sites/EAExtranet>

Member Federations shall confirm their team vests. If the uniform displayed differs from your current official uniform, the revised Team Vests form must be uploaded, in one single file, by 02 March 2026. Otherwise, the existing records will be used as a reference. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete.

The rule stipulating the compulsory wearing of the official competition clothing will be applied during the competition, but also during any victory lap, interviews at the Stadium and the Medal Ceremonies.

9.4 Competition Shoes

All the competition shoes must comply with World Athletics TR5, including the sole and/or heel and the spikes dimensions. It is the athletes' responsibility to make sure that the shoes to be used for competition are on the current list of approved shoe models by World Athletics. In case of no compliance with the TR5 or the list of approved shoes, an athlete may not be allowed to compete or may be disqualified after the competition with the result being void.

The shoes will be randomly checked after the competition within the Kit Collection/Post Event Area, in case of doubts or upon special requests, as well as in case of a World or European Record. In the case of World Records, the shoes will be withheld by the relevant Referee and sent later to World Athletics as per TR5.

9.5 Call Room

All athletes will have to report to the **Call Room** which is in the main tribune – ground floor – as per Appendix 3 & 5.

Access to the **Call Room** will be allowed to athletes only, controlled by accreditation cards and according to the following reporting times (please note that there may be slight amendments in particular cases, and a detailed Call Room Schedule will be published at the Virtual TIC on day-by-day basis):

Provisional Call Room Schedule is.

Event	First Call	Last call	Exit from Call Room	At Site
Hammer, Javelin, Discus and Shot Put	45 minutes	40 minutes	35 minutes	30 minutes

All times are prior to the actual starting time of the event. Athletes who fail to report on time to the Call Rooms without a valid reason may be excluded from participating in this and all further events in the Cup. Refreshments (still water) and toilets will be available next to the Call Rooms.

In the Call Rooms the judges will check the following in accordance with World Athletics Rules:

- Competition Bibs
- Shoes and Spikes
- Uniforms
- Bags (identification on and content of)
- Any other kind of advertising

Personal belongings (video cameras, tape recorders, radios, CD players, radio transmitters, MP3/MP4, cell phones or similar devices) will not be permitted in the infield as per World Athletics Rule 6 of the Technical Rules or TR6. Competition officials in Call Rooms will confiscate all not authorised items. Athletes will receive

a receipt for any such items. Upon presentation of this receipt, the athletes will be able to collect such items from the TIC once their event has finished.

9.6 Specific Event Procedures

9.6.1 Trials in Field Events

Each athlete is allowed a minimum of two practice trials under the supervision of the officials, more if time allows. The athletes will be called to the practice trials in the competition order. Only official markers provided by the LOC will be allowed for marking the runways. Once the practice trials are finished, the participants will be asked to stand in the order of the competition for the presentation. All participating athletes have the right to 6 (six) attempts. For further information, please refer to the respective competition regulations available under: <https://www.european-athletics.com/competitions/competition-regulations>

9.6.2 Coaching Zones

To allow communication between athletes and coaches, special passes for each event will be distributed to the teams. There will be one pass per athlete competing. The pass is only valid when accompanied by a team accreditation and this accreditation needs to be visible at all times.

9.7 Measurement

The distance measurements in all events will be taken by electronic equipment.

9.8 Post Competition Procedures

After the competition, it is mandatory that all athletes leave immediately through the Mixed Zone.

In the Mixed Zone, all athletes meet the media: first TV, then radio and finally the written press. It is for the athlete to decide whether he/she will give an interview.

9.9 Protests

Any protest shall be made orally to the relevant Referee by an athlete or someone acting on behalf of an athlete, during the event or immediately after the event. The decision of the Referee will be final, and no further appeals will be allowed.

10 MEDICAL & ANTI DOPING

The Medical service oversees any medical assistance to all accredited people, including, during the training and the competition sessions, in all three competition/training venues.

In case of emergency, to contact the nearest medical first, which is the Nicosia General Hospital First aid station or Larnaca General Hospital First aid station or call the 24/7 Medical Emergency number 112.

A doctor will be on-call in case of emergencies for advice and guidance. The LOC Medical team, which will oversee the implementation of the ETC 2026 Medical Plan, will be led by the LOC Medical Doctor Dr Georgios Pantelas.

The Medical Team will consist of 4 further Medical Doctors, 4 First Aid Assistance and 10 physiotherapists for the physiotherapy team. The LOC Medical team will work in close cooperation with the local Health Authorities if required.

10.2 Medical Services

10.2.1 Medical Services in the Team Hotels

- Hotel Radisson Beach Resort Hotel – Teams' Hotel
- Golden Bay Beach Hotel – Teams' Hotel
- Lordos Beach Hotel – Teams' Hotel

The Medical Services serve the athletes, trainers and other Team members as well as members of the competition organisation. The medical Service composed of 2 doctors will be available on call 24/7.

For emergency needs, Team Leaders may contact, whenever necessary, any of the 2 on call doctors named:

Dr Alexandros Vasileiades Tel. +357 99371012

Dr Giorgos Shiakallis Tel. +357 99607238

10.2.2 Medical Care at the Stadium, Warm-up, Training Areas

Medical Services will be available in all facilities, according to the Timetable as follows:

- Thursday 12 March: 14.00 – 19.00
- Friday 13 March: 10.00 – 20.00
- Saturday 14 March: 08.00 – 20.00

- Sunday 15 March: 08.00 – 20.00

10.3 Physiotherapy Services

The Physiotherapy team will be led by LOC Physiotherapy lead-practitioner Christos Mitas and will be composed of 10 additional physiotherapists.

10.3.1 Physiotherapy Services in the Team Hotels

Each team hotel will have a physiotherapy room upon prior request at the Information Desks where team delegations may find and use massage beds provided by the LOC as below:

- Thursday 12 March: 16.00 – 17.00
- Friday 13 March: 10.00 -13.00 & 15.30 – 20.00
- Saturday 14 March: 10.00 -13.00 & 15.30 – 20.00
- Sunday 15 March: 10.00 -13.00 & 15.30 – 20.00

Each room will be divided with partitions and equipped with massage paper towel roll.

10.3.2 Physiotherapy Services at Warm-up and Training venues

For those teams requiring physiotherapy services there will be a team of physiotherapists available between Venue 1 and Venue 2 in the following schedule:

- Thursday 12 March: 16.00 – 17.00
- Friday 13 March: 10.00 -13.00 & 15.30 – 20.00
- Saturday 14 March: 10.00 -13.00 & 15.30 – 20.00
- Sunday 15 March: 10.00 -13.00 & 15.30 – 20.00

10.3.3 Responsible use and discarding of needles at European Athletics events

Medical therapies and emergency procedures that require the use of needles may occur any time during competitions. European Athletics is committed not to prohibit or restrict the responsible use of needles for Team Medical personnel at European Athletics events - thus will not require a declaration of needle usage - but requests responsible behaviour from the medical personnel and team members.

Responsible needle usage means that athletes and team medical personnel are aware of and committed to respect the WADA rules, and they are also familiar with the TUE procedures and competent in corresponding medical therapies.

As part of the responsible needle usage, the teams shall store and discard biohazard and dangerous waste in appropriate containers. To assist with the handling of the used dangerous waste, sharp disposal bins will be available at the medical centre(s) and team physio area(s) at the Team Hotel.

Any violation of this policy (e.g. leaving sharp material and/or biohazard waste anywhere other than the appropriate containers) would result in an investigation.

10.4 Import of Medication and Medical Equipment

Team healthcare personnel are responsible for compliance with the administrative and customs regulations concerning medication as well as for the storage and safekeeping of their delegation's medicines and supplies. The LOC is not responsible for and shall have no liability relating to or arising out of the bringing to the Cyprus Republic, storage or monitoring of the supplies and medicines by the team.

General drugs as paracetamol, diclofenac and others should also be on site if needed to assist athletes.

Access to a telephone: The medical teams will communicate between the infield and the main medical centre by radios and or mobile phones.

10.5 Doping Controls

10.5.1 General Information

Doping controls will be conducted in accordance with World Athletics Anti-Doping Rules and Regulations and the WADA code in force. The controls will be done under the supervision of the European Athletics Doping Control Delegate. Both urine and blood samples may be collected immediately before and during the ETC 2026.

Athletes selected for doping control shall be informed by Anti-Doping officials. Athletes will be required to sign a doping control notification form. **Athletes must bring to the Doping Control Station (DCS) an ID card with photo — such as Passport, driving licence, etc.** Athletes who are to be tested can be accompanied to the Doping Control Station by an accredited team representative of their choice.

A selected athlete should report immediately to the DCS 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 DCS. Athletes are reminded that refusing or failing to comply with the antidoping procedures may constitute an Anti-Doping rule violation and could render them liable to disqualification and may result in 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 National Therapeutic Use Exemption system prior to attending the Cup.

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the European Athletics Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the European Athletics Doping Control Delegate.

10.5.2 Additional Controls

Athletes requiring doping control (e.g. for ratification of performance) may request to be tested by filling in a "Doping Control Request Form" through the Virtual TIC. Once the form is submitted, the athlete and his/her representative can proceed directly to the Doping Control Station.

The cost of this control (including all relevant expenses such as sample collection, sample handling, analysis, etc.) is 300 EUR for a standard urine analysis. The cost of the requested service shall not be paid on site, but an invoice will be issued by the Local Organising Committee to the respective Member Federation after the Championships instead. The invoice shall be paid by bank transfer as per the instructions and deadline indicated on the document

Location of Doping Control Area can be seen on Appendix 5.

11 CEREMONIES AND SOCIAL FUNCTIONS

11.1 Opening Ceremony

As the central moment, a flag parade will be held representing the participating countries. 10 minutes will be used for this purpose, including speeches, the CYP National Anthem and the EA Anthem.

11.2 Medal Ceremonies

Individual Medal Ceremonies

Individual Medal Ceremonies shall take place in the Venue-1 as soon as possible after the end of the corresponding event considering the 30-minute waiting time for appeals (according to Timetable).

Teams' Medal Ceremonies

Teams' Medal Ceremonies shall occur at Hotel Radisson Beach Resort from 22.00 on 15th of March. The LOC shall produce a podium structure to be approved by EA in advance, if different from the Individual Medal ceremonies', as well as a proper backdrop wall. Nonetheless considering the previous edition, the LOC and EA must fine-tune the concept/layout/decoration/branding for the Teams' Medal Ceremony, supported by an even more efficient EA-LOC-Team Leaders communication management.

12 SAFEGUARDING

European Athletics is committed to the principle of safeguarding in our sport and has developed a safeguarding and abuse prevention program to ensure the protection and safety of everyone involved in athletics from harassment, abuse, and exploitation. To this end, European Athletics has taken several measures including the implementation of a [European Athletics Safeguarding Policy](#), the availability of a secured and independent [reporting platform](#) and the appointment of a safeguarding officer, whose contacts can be found hereunder:

Name: Philippe Duperrex

Mobile: +4175 425 50 00

Email: safeguarding.officer@european-athletics.org

To enhance this commitment and increase the visibility on the importance of safeguarding, the following initiatives are part of the European Athletics Safeguarding Program at the European Throwing Cup Nicosia 2026:

The LOCHas appointed a Safeguarding Officer and services in accordance with European Athletics Safeguarding Policy, the national laws, and the advice of the European Athletics Safeguarding Officer.

The LOC Safeguarding Officer will be present for the whole duration of the event.

Name: Christos Tziortas

Mobile: +357 99694618

Email: ctziorta@gmail.com

The European Athletics Safeguarding Officer will operate in Safe Space, where any team member can get further information or advice on Safeguarding.

Further activities will take place at the European Athletics Championships venue to engage with the team members on Safeguarding awareness and prevention and information will be made available in due course.

If you have any question or concern about your safety or somebody else's safety during this event, please contact the LOC Safeguarding Officer and/or European Athletics Safeguarding Officer. If the concern relates to an imminent risk to someone's physical integrity or to an emergency for medical assistance, please contact immediately the LOC and/or the local authorities, to the contacts provided in this Team Manual. The Local Safeguarding Officer's contact and other relevant contacts will be also made available at the event venue and official hotels.

13 APPENDIXS

1 Timetable

2 Implement List

3 Competition Venues Area

4 Training Stadium

5 Location at National GSP Stadium of TIC, Call Room, Medical Service and Physiotherapy room, Doping Control Station, Mixed Zone, Kit Collection, Bus stop

6 Map with location of Teams Hotels, Training Venue and Competition Venue



EUROPEAN ATHLETICS THROWING CUP NICOSIA 2026

Timetable (as of 16 December 2025)



Saturday 14h March 2026					Ceremonies
Hour	Event	Gender	Category	Venue	
10:00	Hammer Throw	M	U23	V 1	
10:15	Javelin Throw	W	U23 B	V 2	
11:35	Shot Put	M	U23-B	V 1	
12:00	Javelin Throw	W	U23 A	V 2	
12:05	Hammer Throw	M	U23	V 1	Medal Ceremony N. 1
12:30	Hammer Throw	W	Senior-A	V 1	
12:30	Hammer Throw	W	Senior - B	V 3	
13:05	Shot Put	M	U23-A	V 1	
13:25	Javelin Throw	W	U23	V 1	Medal Ceremony N. 2
14:50	Shot Put	M	U23	V 1	Medal Ceremony N. 3
14:45	Discus Throw	M	Senior-A	V 1	
14:45	Discus Throw	M	Senior-B	V 2	
15:00	Shot Put	W	Senior-B	V 1	
15:10	Hammer Throw	W	Senior	V 1	Medal Ceremony N. 4
15:10	Discus	W	U23 - B	V 3	
16:20	Opening Ceremony				
16:40	Shot Put	W	Senior-A	V 1	
17:00	Discus	W	U23 - A	V 3	
17:00	Discus Throw	M	Senior	V 1	Medal Ceremony N. 5
17:00	Javelin Throw	W	Senior-B	V 2	
17:10	Javelin Throw	W	Senior-A	V 1	
18:20	Shot Put	W	Senior	V 1	Medal Ceremony N. 6
18:45	Discus Throw	W	U23	V 1	Medal Ceremony N. 7
19:00	Javelin Throw	W	Senior	V 1	Medal Ceremony N. 8

Sunday 15th March 2026					Ceremonies
Hour	Event	Gender	Category	Venue	
10:00	Shot Put	W	U23-B	V 1	
10:10	Hammer Throw	W	U23	V 1	
10:15	Discus Throw	M	U23	V 2	
11:40	Shot Put	W	U23-A	V 1	
11:50	Discus Throw	M	U23	V 1	Medal Ceremony N. 9
12:05	Hammer Throw	W	U23	V 1	Medal Ceremony N. 10
12:25	Hammer Throw	M	Senior-A	V 1	
12:25	Hammer Throw	M	Senior B	V 3	
12:35	Javelin Throw	M	U23	V 2	
13:05	Shot Put	W	U23	V 1	Medal Ceremony N. 11
14:40	Javelin Throw	M	U23	V 1	Medal Ceremony N. 12
14:50	Hammer Throw	M	Senior-A	V 1	Medal Ceremony N. 13
15:00	Javelin Throw	M	Senior-A	V 1	
15:00	Javelin Throw	M	Senior B	V 2	
15:05	Shot Put	M	Senior-B	V 1	
16:55	Shot Put	M	Senior-A	V 1	
17:00	Javelin Throw	M	Senior	V 1	Medal Ceremony N. 14
17:20	Discus Throw	W	Senior-A	V 1	
17:20	Discus Throw	W	Senior B	V 2	
18:40	Shot Put	M	Senior	V 1	Medal Ceremony N. 15
18:50	Discus Throw	W	Senior	V 1	Medal Ceremony N. 16

App2. List of Official Throwing Implements (as of 17.10.2025)

Catalogue No	Company	Description	Colour	Certification No.
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Shot Put Men (7,26kg)				
PK-7,26/128	Polanik	Competition, Steel, dia: 128mm	Various	I-04-0305
PK-7,26/120	Polanik	Competition, Steel, dia: 120mm	Various	I-99-0152
PK-7.26/113	Polanik	Competition, Steel, dia: 133mm	Various	I-04-0304
5131727	Nordic Sport	Olympic Super, dia: 125mm	Black	I-99-0022
Discus Men (2kg)				
CPD11-2	Polanik	Competition, steel rim, synthetic sides	Blue	I-11-0499
N1105 USA	Nelco	Ultra spin Gold	Golden yellow/black	I-16-0779
HPD19-2	Polanik	Competition, turn galvanised steel, hard plywood sides	Brown	I-20-1009
D2000J SUS	Denfi	Jurgen Schult Ultimate spin	White/yellow	I-99-0098

Hammer Men (7,26kg)				
ZH-7.26-B	Polanik	Ziolkowski Black, Steel dia: 110mm	Black	I-10-0469
PM-7.26/110-S	Polanik	Competition, stainless steel, dia: 110mm	Silver	I-00-0203
PM-7.26/110	Polanik	Competition, Steel, dia: 110mm	Various	I-99-0158
N1121A/N1125BN	Nelco	Olympic Brass 7.26kg	Gold	I-99-0148

Javelin Men (800g)				
SM13-800	Polanik	Competition Space Master, aluminium, cigar head	Various	I-13-0656
SC10-800	Polanik	Competition Sky Challenger, aluminium, blue cord	Transparent red	I-11-0504
AF10-800	Polanik	Competition Air Flyer, duraluminium, orange or red cord	purple/pink or transparent blue	I-11-0503
7916803c	Nordic sport	Airglider Carbon Flex 4.5, carbon, red cord	White, red spiral	I-03-0300
SKU 7918801C	Nordic sport	Javelin Valhalla 800g Medium NXS		I-18-0916

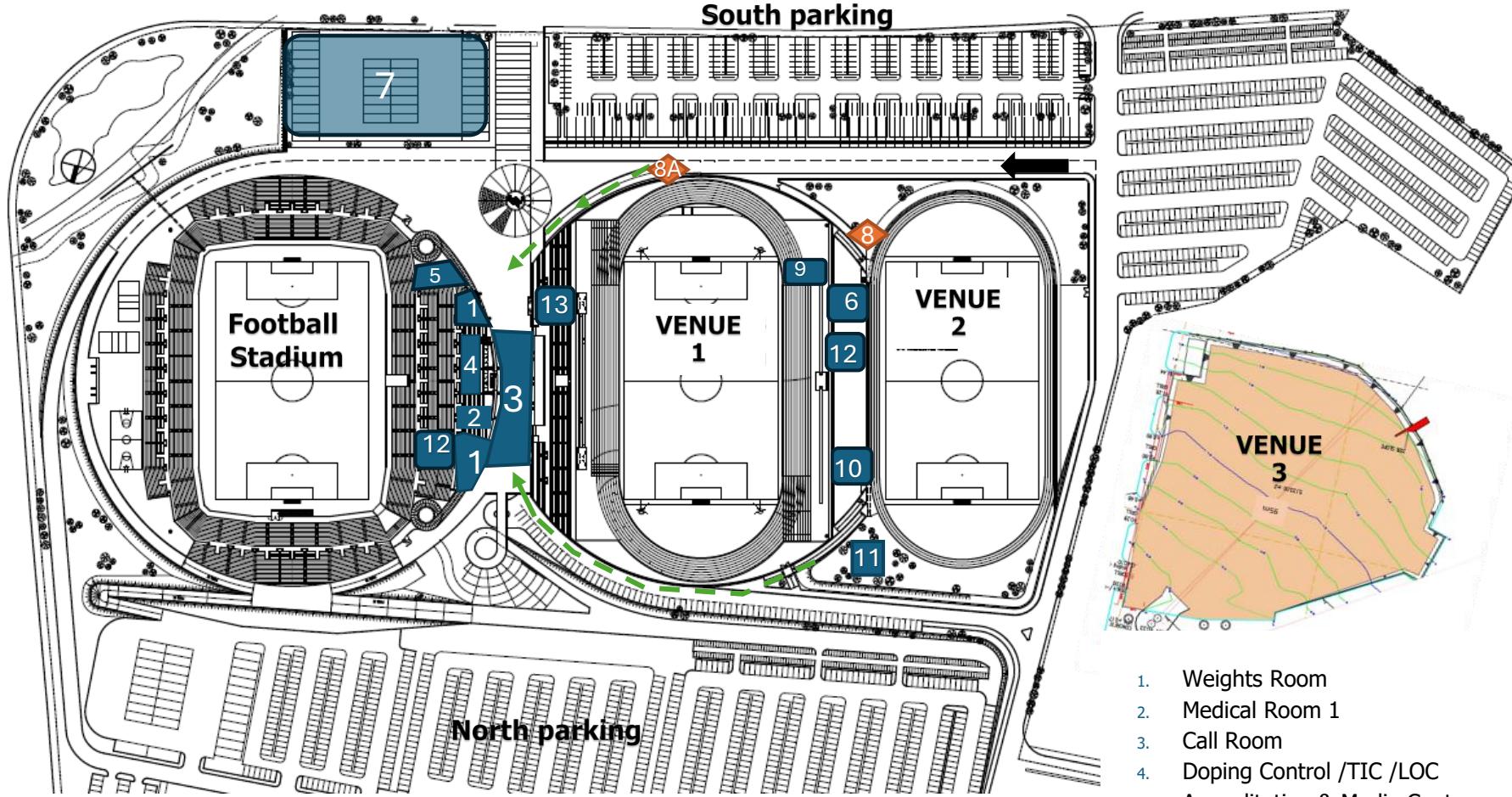
App2. List of Official Throwing Implements (as of 17.10.2025)

Shot Put Women (4kg)				
PK-4/95	Polanik	Turned steel, Competition, dia: 95mm	Variuous	I-12-0588
PK-4/100	Polanik	Steel, Competition, dia:100mm	Variuous	I-99-0150
PK-4/110	Polanik	Turned steel, Competition, dia: 110mm	Variuous	I-12-0581
5133402	Nordic Sport	Turned steel, dia: 109mm	Red	I-99-0025

Discus Women (1kg)				
6126100	Nordic Sport	Super Elite, stainless steel rim, fiberglass sides	White/Silver	I-10-0489
HPD17-1	Polanik	Hard plywood sides, steel rim & central plate	Various	I-17-0847
CPD11-1	Polanik	Competition, plastic, steel galvanised rim, synthetic sides	Blue	I-11-0493
N1105USC	Nelco	ULTRA SPIN GOLD- RimGlide 78M	Yellow/Black	I-16-0778
D1000JSUS	Denfi	Ultimate Spin 1000	White/Yellow	I-99-0099

Hammer Women (4kg)				
PH-4-B/UW-110	Polanik	Premium Black, Steel, dia: 95mm,	Black	I-10-0466
PM-4/95-S/UP/UW-110	Polanik	Competition, Stainless steel, dia: 95mm	Silver	I-00-0201
PM-4/95/ UP/UW-110	Polanik	Competition, Steel, dia: 95mm	Various	I-99-0156
WH20-4-P	Polanik	Hammer by Anita Wlodarczyk 4kg 95mm	Pink	I-21-0320
N1121D/ N1125BN	Nelco	Olympic Brass Hammer 4kg, 95mm	Gold	I-99-0147

Javelin Women (600gr)				
600CS75	Nemeth Javelin	Classic 75m, aluminium	Violet / yellow/ green, violet cord	I-99-0110
SM13-600	Polanik	Competition Space Master 600, cigar head, aluminium	Various	I-13-0654
SC10-600	Polanik	Competition Sky Challenger, duraluminium	Transparent red, blue cord	I-11-0501
AF10-600	Polanik	Competition Air Flyer, duraluminium	Purple/ pink or transparent blue, orange or red cord	I-11-0500
600CS75	Nemeth Javelin	Classic 75m, aluminium	Violet / yellow/ green, violet cord	I-99-0110



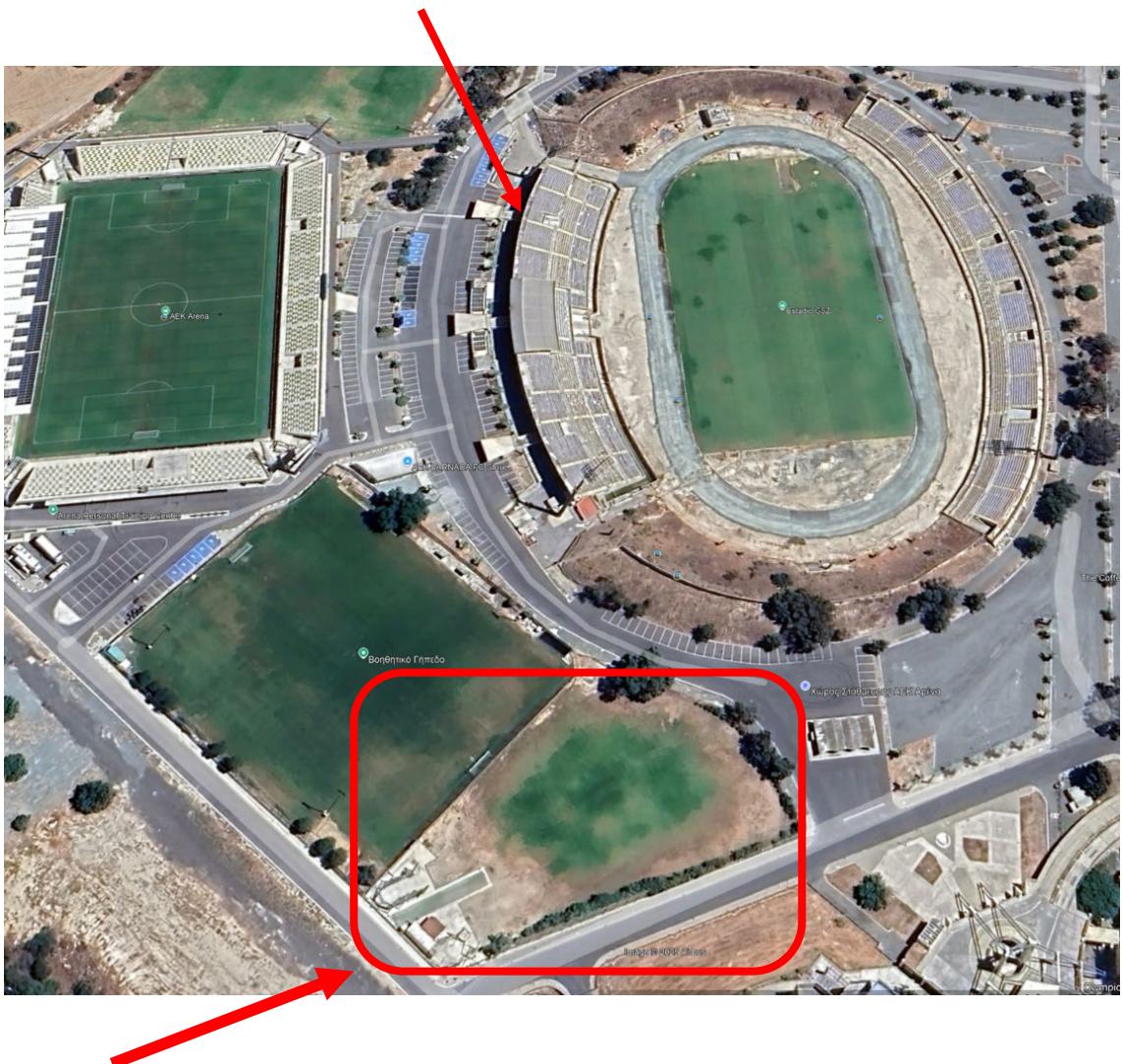
1. Weights Room
2. Medical Room 1
3. Call Room
4. Doping Control /TIC /LOC
5. Accreditation & Media Centre
6. EP & DATA
7. Pick up point /drop off
8. Main Stadium Entrance (Public & Teams) / 8A Route to Call room & TIC
9. Mixed Zone 1
10. Medical Room 2
11. Massage Area
12. Changing Rooms(2 locations)
13. Storage Implements

— — — Route to call room & TIC

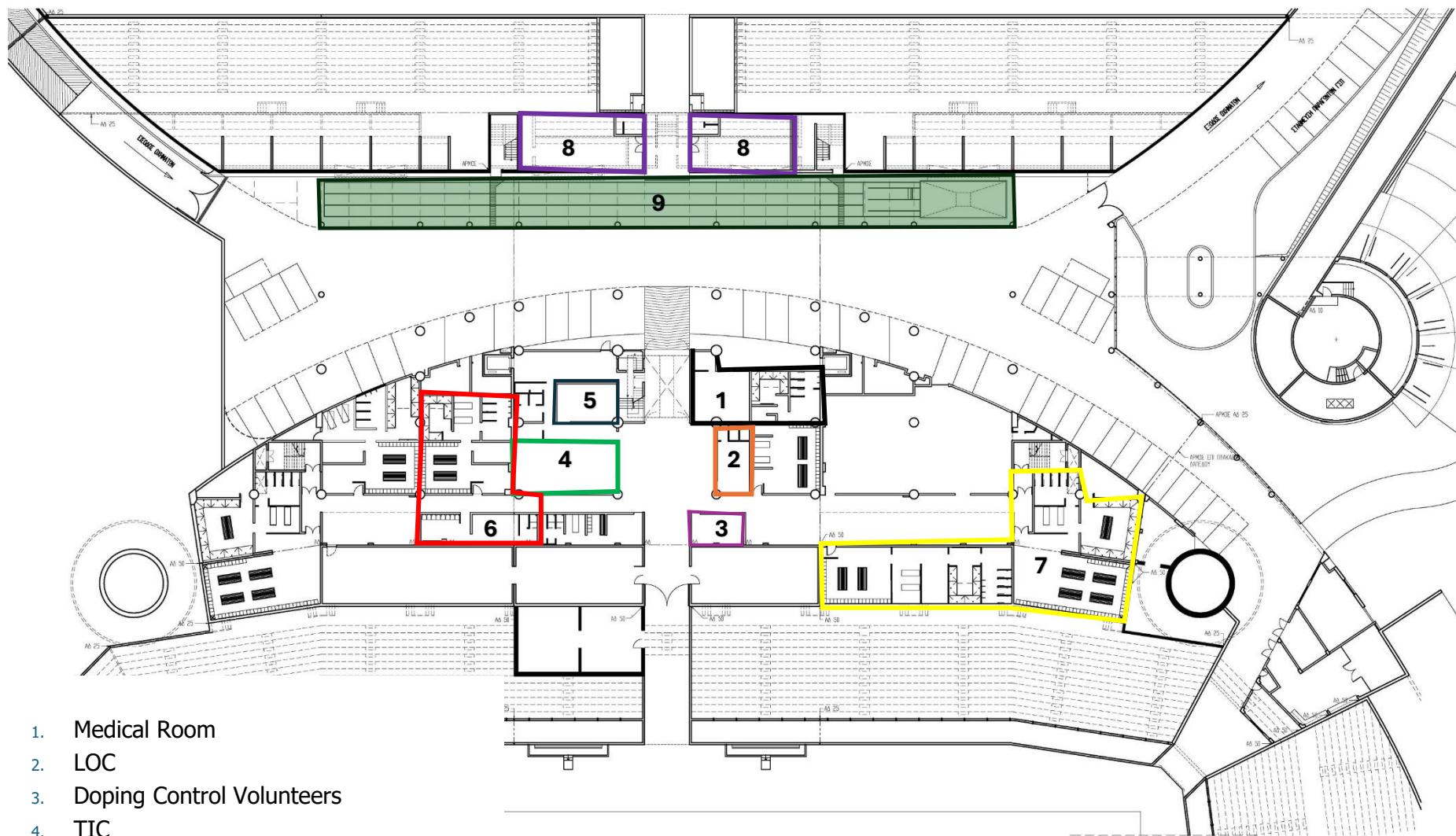
APPENDICE 4

TRAINING STADIUM GSZ STADIUM LARNACA

Weightlifting Area

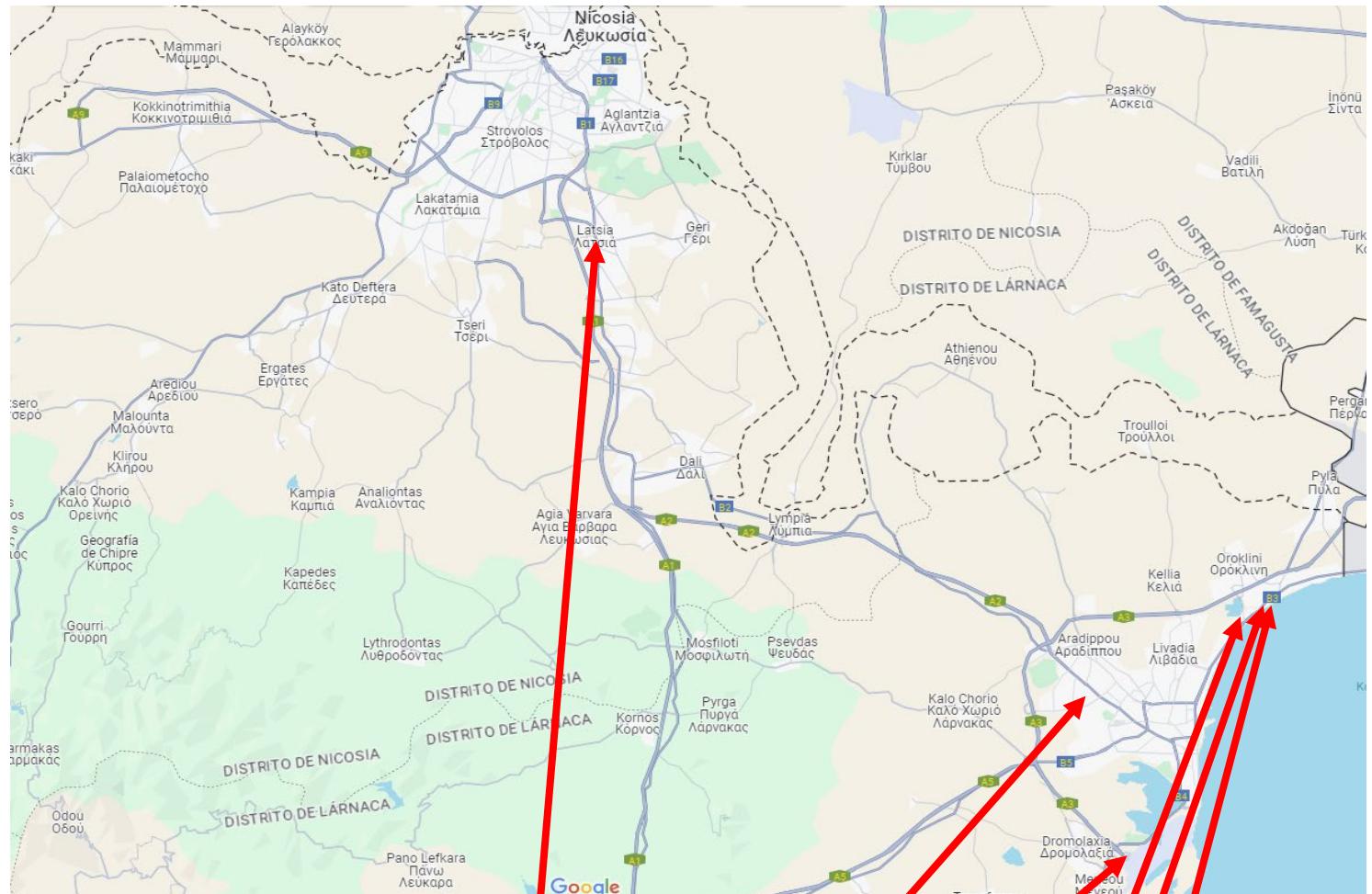


Training Area (Hammer, Discus, Shot Put, Javelin)



1. Medical Room
2. LOC
3. Doping Control Volunteers
4. TIC
5. Copies
6. Doping Control
7. Dressing Rooms 
8. Storage - Implements
9. Call Room

APPENDIX 6



- 1 - Larnaca Airport
- 2 - Hotel Radisson Beach Resort Hotel
- 3 - Golden Bay Beach Hotel
- 4 - Lordos Beach Hotel
- 5 - GSZ stadium Larnaca (training venue)
- 6 - National GSP Stadium (competition venue)



EUROPEAN THROWING CUP

Nicosia 2026

14 - 15
March
2026

Host Institutions



KOCAC
ΚΥΠΡΙΑΚΗ ΟΜΟΣΠΟΝΔΙΑ
ΑΘΛΗΤΙΚΟΥ ΣΠΟΡΟΥ



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