



EUROPEAN **V**ETERANS' **A**THLETICS **C**HAMPIONSHIPS **I**NDOOR



GENT – 16 – 20 MARCH 2011
Entry booklet -ENGLISH

welcome



Daniël Termont

Mayor of Gent

Ladies and gentlemen athletes, welcome to "the most authentic city in the world"! That seems a bold statement from a biased mayor, but it is not. In 2008, the renowned National Geographic Traveler Magazine in Gent in third place (at 109) in its global ranking from most authentic tourist destinations. After an abbey in Austria and a channel Canada. Gent was described as "a wonderful mix of a bustling city with an eventful past". You will notice that not a lie. Also: Gent is also (and especially) because of Gent Gent. Critical and a bit unruly, sometimes - but always warm, jovial and helpful.

Gent has today an excellent reputation as a "city of knowledge and culture accessible to everyone". Gent is the largest educational center in the country, including a great university. Gent is one of the major cities in Flanders. In our (traffic free!) hart are just the most beautiful monuments in a handkerchief together. Who knows yet Gent and walks to the Saint-Michel Slope, is surprised by a panorama that can compete with Paris and Budapest. The Graslei and Korenlei, the Counts (where in the world do you find a medieval castle right in the center?), The old post office, St. Nicholas Church, the Belfry, St. Bavo Cathedral - with the famous triptych "The Adoration of the Lamb of God" by the Van Eyck brothers "... Gent is also famous for its existence different cultural scene, top museums (including the Museum of Fine Arts and the Museum of Contemporary Art), top festivals (International Film Festival, the Festival of Flanders, the 'Gent Festival '!) and top artists (Dirk Brosse, Philippe Herreweghe, Soulwax / The Dewaele Brothers, All Gent citizens.). Incidentally, in 2011 it was just 100 years ago that the Nobel Prize for Literature was awarded to Maurice Maeterlinck. The only Belgian to the highest award ever received is also a Gentenaar.

And, last but not least, life does not stop at 7 pm in our city. The nightlife offers an exciting place to each hell-bender: hotels, restaurants and (dance) shops on every measure: Gent buzzing 24 / 7.

But that's obviously not all. Gent is also known as "sports city". With an infrastructure to be proud of. With many sports halls and swimming pools over the territory of the city, but the jewel in the crown is the "sports center area of the Blaarmeersen and the Watersportbaan Georges Nachez, where many boating and angling championship is held. A gym, an indoor velodrome, a host of football and tennis, the 'Flanders Sports': you name it, we've got it. Gent is also a record of events that constitutes us a great calling card in international sports. Gent Six Day racing is legendary. In 2007 we received the arrival of a ride in the Tour de France. The annual European indoor athletics meeting, the Charles V Cup (the largest outdoor mini-soccer tournament in Europe), the AXA Belgian Masters Tennis ... The expertise that we now in-house, combined with our strengths and culture, bringing us often in pole position to starting as a host city organizers to choose. None has ever regretted the choice for Gent. They are all fine words. But, seeing is (just) believe, that realizes also a conscious mayor. So if you're in Gent, be sure to explore our city. When in 1983 François Mitterand, then president of France, visited Gent and found it "one of the most beautiful historic cities in Europe, a well kept secret!" Gent is now much more beautiful - and it speaks for itself that we no longer want to keep secret. So visit our city, tempted, spread the word to friends and family, and ... come back!

If you already want more information, visit or call our Tourist www.visitgent.be. The staff will gladly answer your questions.

Until the Masters ... and in the city!

Daniel Termont
Mayor Gent



Eleven years after the very successful Senior European Indoor Championships, the Royal Athletics Federation of Belgium organises again, in partnership with the Local Organising committee, another European Indoor Championship. This time the Masters Championships.

Although this event does not hit the spotlights as much as the senior version, it will require more effort from our co-workers.

In this 5-day period we expect over 3,000 competitors. They will guarantee exiting competitions, indoors as well as outdoors in the field and on the road.

Without the tireless efforts of so many volunteers, along with the financial and logistic help from sponsors, local and regional governments, organising such an event would simply be impossible. The City of Gent and the Province of Eastern-Flanders are indispensable in this magnificent initiative.

Undoubtedly, The City of Gent will create beautiful and unforgettable impressions amongst the competitors. Simply because Gent has so much to offer.

We hope these championships, in their own right, will create the same lasting impression.

I'm sure the LOC is prepared to go to any length to make this happen.

It is not the first time Belgium and Flanders are hosting European, even World, Championships. But it is the first time the Masters take centre stage. We hope this event will give Masters athletics a boost. Spectators will be stunned watching the high level of quality of these competitions.

To that effect, we are proud, as co-presidents of the Royal Athletics Federation of Belgium, to welcome these Masters in Gent for their European Championships. Also a "big thank you", not only to all partners, governments and the LOC, but in particular to the many volunteers.

All together, they made it possible that this event now takes place in Gent, unquestionably one of the most beautiful cities in Europe.

Eddy De Vogelaer

Jean-Claude Thill

Presidents KBAB-LRBA



Dear Athletes, dear friends,

As Local Organising Committee (LOC), we are very proud the EVAA entrusted us with the organisation of the European Veteran Athletics Championships Indoor, in short EVACI2011.

The unique accommodation of the TOPSPORTHAL VLAANDEREN will be at the heart of these championships.

Its setting in the middle of the massive grounds of the Sport-and recreation zone "De Blaarmeersen" makes it possible that all competitions, indoors as well as outdoors, take place in one location. The challenges we, the LOC, face in organising this event are huge, but nevertheless we are also very ambitious.

In the past, there have been some splendid organisations, but we are simply aiming for the "Best Ever". With Ancona in mind, some would say that this will be a very big challenge, but we also have some very good cards up our sleeves.

First there is the enormous know-how Belgian Athletics have in organising major championships. In this very location we had the Senior European Indoor Championships, and over recent years Belgium was the venue for many European, World (Cross Country and halve Marathon) Championships. Secondly, we made some changes in the programme in order to enable each athlete to participate, in the best of circumstances, in a maximum of competitions. For the first time we added hammer throwing to the Winter Throwing events so everyone can take part on the Big Five of throwing competitions. And finally, we succeeded in locating all hotels, whatever their price range, in the historical city centre. This gives every athlete the opportunity to enjoy the typical atmosphere of Gent with its numerous tourist attractions, restaurants and bars.

All our co-workers are very keen to offer you an unforgettable stay in Gent, hopefully accompanied by top results by you, athletes, as well as by us, the organisers.

Rudy Verlaeckt
LOC president



Dear athletes, dear friends,

With high interest and eagerness we are in anticipation of the 8th European Veteran Championships (Indoor) in Gent/Belgium. From March 16 to 20, 2011 the European Veterans Athletic Association (EVAA) will be again visitor in Belgium.

Till present Belgium hosted the European Veterans Championships Non Stadia in Brugge, for what EVAA is very thankful.

For Gent these championships mean a big challenge: both, the technical and the logistic situation comply with the requirements well. The indoor arena with its secondary grounds offers excellent requirements. All grounds are within walking distances what absolves the organiser from additional transportation and organisation problems. Moreover the LOC is very well skilled in organising athletic top events.

Because of the good experiences the requirements for sports in Gent are excellent. In addition we find a touristy attractive surrounding.

Two years ago in Ancona the Indoors are extended to five days, caused by the new record of participants. Gent will be the second organiser of a five days event.

The EVAA is convinced that the LOC and the Belgian Athletics Association together with the city of Gent provide anything for the European veteran athletes and that together with their experiences they go to the time and effort of making these championships to a memorable title bout.

The EVAA welcomes all athletes, coaches, companions and officials and wishes them exciting and successful days in Belgium.

Our sincere gratitude is given to the organiser that is preparing all grounds according to the requirements of athletes.

Have great success and a good time in Belgium!

On behalf of the EVAA - Council

Dieter Massin, EVAA -President

I. INDOOR FACILITIES TOPSPORTHAL VLAANDEREN

The Topsporthal Vlaanderen is the outstanding location and accommodation for organizing major sports events. In winter, the emphasis is on indoor athletics. In other seasons, the arena is a multi-purpose hall, aimed at attracting sports events of national, European and world level.

The Topsporthal Vlaanderen is part of the BLOSO centre at the Blaarmeersen in Gent. The arena was built jointly by the Government of Flanders, BLOSO (the Flemish Sports Office), the Province of East Flanders, the City of Gent, and Flanders Expo Inc.

The sports arena is run by BLOSO. The approach is anticipatory. To achieve optimum results, a number of BLOSO staff is always present during activities, serving as direct contacts before, during and after the event.

The ultramodern Topsporthal Vlaanderen has put Flanders at once on the world map of indoor sports. At last, indoor top sports events can take place in Flanders on a professional and permanent basis. The stands can be extended from 3,539 to over 5,000 seats.

The blue striped Mondo track radiates quality and is one of the fastest tracks in the world, as illustrated by the many Belgian, European and world records. The fixed installations for long jump, high jump, pole vault and shot put are also first-rate.

There's not just athletics, however! The centerfield, with a useful space of 3,000 m², is multifunctional. Top sports events and competitions in a wide range of sports, such as tennis, basketball, volleyball, handball, gymnastics, aerobics, judo, ... can be organized in ideal circumstances. The sports arena is equipped with specific sports floors and installations for all possible sports. The Topsporthal Vlaanderen is also suitable for club meetings, company sports days, school sports competitions or mass events with hundreds of participants and thousands of spectators.



Flooring : Mondo Sportflex Super X
Length of the racetrack : 200 m



Number of lanes : 6 ring – 8 straight
Warm up zone : 330 m 2 lanes – 80 m 5 lanes



II. OUTDOOR FACILITIES : DE BLAARMEERSEN

The sports and recreation grounds De Blaarmeersen is the green diamond of the area around the Watersportbaan.

The park is an oasis of calm and a heaven for sports activities.

The big lake is suitable for numerous sports and recreational fun.

De Blaarmeersen is the place to be for all sorts of sporting men and organizations.

It is the top for sports in Flanders.

The sports and recreation grounds De Blaarmeersen has a huge potential and his flexibility guarantees the possibility of organizing a wide raft of events.

The site is complementary to the Topsportthal and the cycle center Eddy Merckx, both indoor facilities..



III. TRANSPORT

A. to Gent

Gent is central in the Flanders region and accessible in a minimum of time. By train it is 50 min away from Zaventem, Brussels' international airport, used by over 140 airline companies with destinations to over 70 International cities.

The host city is situated at the crossroads of Europe's largest highways E17 and E40. Furthermore Gent has the St. Pieters rail station developed along the rail network of Belgium .

Gent St. Pieters rail station is an NMBS station for trains all over Belgium.

There is also a stop for Thalys- trains and there is a direct connection to the Eurostar trains forward in Brussels.

B. in Gent

Gent has an excellent network of public transport using busses and trams. All venues are very accessible with public transport and connected with the rail net at Gent Sint-Pieters railway station. There is also a large number of licensed taxi firms along with especially designed car park routes what give you the fastest access to the large car parks near the car-free city center.

C. to the Blaarmeersen site

Gent Sint-Pieters railway station is situated at 15 min by bus from the "Blaarmeersen" site. The R4 express motorway, has an exit at the "Blaarmeersen" site. You can park your car at the large car parks around the Blaarmeersen site. High frequency public transport take you from the city.

Van From	Afstand Distance	Met auto By car	Met trein By train
Brussels Airport	65 km	45 min	55 min
London	370 km	4 h 30 min	3 h 25 min
Paris	300 km	2 h 50 min	2 h 00 min
Köln	240 km	2 h 35 min	3 h 15 min
Amsterdam	210 km	2 h 05 min	3 h 05 min
Brussels	55 km	40 min	25 min

VI. EVENTS :

Running : 60m - 200m - 400m - 800m - 1500m - 3000m - 60m hurdles - 5km cross country (+team scoring) – 4 x 200m.
 Jumps : high jump - pole vault - long jump - triple jump
 Throws : shot put - weight throw - hammer throw - discus throw - javelin
 Walk : 3000m track walk - 5km road walk (+team scoring)
 Pentathlon : M: 60m hurdles - long jump - shot put - high jump - 1000m
 W: 60m hurdles - long jump - shot put - high jump - 800m

VII. GENERAL INFORMATION

A. Accreditation

After their arrival at Gent, all participants are requested to report to the Technical Information Center (TIC) in order to receive their competition documents and some further information concerning the competitions.

The TIC is located in the Topsportal , and will be open from March 15 until March 19 from 08 00 until 20 00 Hr.

B. Transports

Free transports by public transports or shuttle bus from the hotel to the sport facilities for the athletes holding PASS.

C. Accommodation

See our site [www. EVACI2011.be\hotels](http://www.EVACI2011.be/hotels)

D. Confirmation Desk

For all events starting before 13 a.m athletes have to make their final confirmation to compete not later than 20.00 (08.00 PM) of the previous day.

E. Entry System

All entries of athletes affiliated to the EVAA are to be sent to the Masters National Affiliate of their country. The Entry Form is also available on [www.evaci2011.be\entryform](http://www.evaci2011.be/entryform).

VIII. DEADLINE FOR ENTRIES

A. Deadline is January 15, 2011. No entries will be accepted after this date.

B. Entry Fees

All athletes are required to pay entry fees when sending in their entries. Simultaneous payment is necessary, otherwise the entry will be rejected.

Entry fees are to be paid without exception to the National Member Federation . The National Member Federation will then transfer the fees as a lump sum to the Organizing Committee's account.

C. Address

Topsportal - Zuiderlaan 14 - 9000 Gent
 Tel.: 09/244 72 22 Fax: 09/221 37 34
 E-mail : info@evaci2011.be
www.evaci2011.be

IX. THE COMPETITIONS

A. Qualification for entry

Each participant has to be in sound health, and physically fit for the competition.

B. Provision for disabled participants

Disabled competitors who need to be assisted by a guide can be admitted only if the assistant granted does not impede any other competitors.

C. Competition rules

The representatives appointed by the EVAA are entitled to exclude participants who contravene the rules during the competitions.

X. EVAA COUNCIL MEMBERS

President	Dieter Massin	Germany
Vice President	Jerzy Krauze	Poland
Secretary	Kurt Kaschke	Germany
Treasurer	Jean Thomas	France
Technical Director	Esa Kaihlajärvi	Finland
Indoor Manager	Nicola Maggio	Italy

XI. ORGANIZING COMMITTEE (LOC)

President	Rudy Verlaeckt
General Manager	Willy Pennoit
Treasurer	Georges Struys
Competition Manager	Geert Vannieuwenhuysse
General Secretary	Jos Jacobs
Council Member	Leo Lefevre
	Eddy Devogelaer

XII. AGE GROUPS

The events are divided into age groups as below.

	born from	born to
M + W 35	17th March 1971	16th March 1976
M + W 40	17th March 1966	16th March 1971
M + W 45	17th March 1961	16th March 1966
M + W 50	17th March 1956	16th March 1961
M + W 55	17th March 1951	16th March 1956
M + W 60	17th March 1946	16th March 1951
M + W 65	17th March 1941	16th March 1946
M + W 70	17th March 1936	16th March 1941
M + W 75	17th March 1931	16th March 1936
M + W 80	17th March 1926	16th March 1931
M + W 85	17th March 1921	16th March 1926
M + W 90	17th March 1916	16th March 1921
M + W 95	17th March 1911	16th March 1916

XIII. ENTRY FORMS FOR RELAY

The relay entry forms will be available at the Technical Information Center (TIC). They are to be handed in by the team manager at the TIC not later than 20u00 Saturday 19th March 2011. The Entry Fee will be 10 Euro per team.

XIV. AWARDS AND VICTORY CEREMONIES

The first three athletes in each event final will receive a gold, silver, or bronze plated medals as well as certificates for the first 8. The victory ceremonies for the three winners will be effected at the ceremony area for a number of events en-bloc.

EVAA Technical Board of Managers (TBM) has revised the medal standards. The table shows the minimum performance in each category in order to obtain medals.

XV. CLOTHING

All competitors must wear clothing that is approved by their National Governing Body.

XVI. RESULTS

The competition results will be put up daily in the Topsporthal. Single results can be bought for 1 € per page. Complete copies of the results of the European Championships will be available within two months after the end of the championships.

A copy will be sent to all persons who have previously paid the price for the result booklet in print version (20.00 €) or in DVD version (5.00 €).

XVII. DOPING CONTROL

The LOC will conduct drug- and doping tests which will take place under IAAF/WADA/WMA rules. Athletes using medication or taking medication which could include banned substances as for drug testing under the IAAF rules must obtain an IAAF Therapeutic Use Exemptions (TUE) certificate application form from IAAF/WMA/EVAA website or NGB (National Governing Body).

The complete application form is to be sent BEFORE FEBRUARY 16TH 2011 to Dr. Pier Luigi Fiorella. Dr. Pier Luigi Fiorella is appointed to handle these applications on behalf of WMA and EVAA.

More important information's about this at EVAA website (www.evaa.ch) on the 'FIN-DEX' menu.

XVIII. SAFETY OFFICER

Safety Officers will be present during the competitions and in some of the following situations may ask an athlete to discontinue an event or to leave the competition arena.

Two warnings will be given first.

- when a competitor participation will endanger her/his own health or safety and that of the others.
- when a competitor participation will delay the progress of an event unduly.
- when a competitor in the opinion of the judges is lacking necessary skill, technique or fitness to participate safely in the event.

- when the judge has given a previous warning verbally, or by cards, to disqualify the competitor .

The competitor will then have immediately to retire the event.

These officers are identified by red armbands or fluorescent bibs.

XIX. MEDICAL CARE/PHYSIOTHERAPY

During the competition days, “First-Aid-Stations” will be provided for the competitors.

Costs for medical or corresponding services are to be carried by the patient. We therefore strongly recommend the taking out an insurance against accidents or medical conditions prior to the commencement of your journey.

Physiotherapeutic services are available for all competitors against remuneration. Areas will be provided for affiliates’ own medical teams.

XX. IMPLEMENTS

The LOC will provide a number of implements complying with IAAF-EVAA/WMA specifications for all throwing competitors.

Personal competition implements are permitted as long as they have been handed in to the Implement Control Desk for inspection at least 120 minutes before the start of each competition and they comply with regulations.

Personal implements (except pole vault) utilised in the competition may be used by all other competitors in that particular event.

Implements will be returned by meet officials to the Implement Control Desk upon completion of the competition.

Personal implements will be returned back to athletes only at Implement Control Desk.

The LOC accepts no liability for the loss or damage of personal implements.

A small number of vaulting poles will be provided for the use of athletes against a renting fee. These poles may be designated for certain competitions by individual athletes on a first come, first served basis.

Starting blocks will be provided by the organisers, competitors will not be allowed to use their own starting blocks.

XXI. VERTICAL JUMPS

Each age group will start at the minimum starting height listed in the table below. The competition will then proceed with the progression listed.

Women High Jump			
Age	Minimum	Progression	Note
W35	1.35	5 cm	From 1.65 + 3 cm
W40	1.30	5 cm	From 1.55 + 3 cm
W45	1.20	5 cm	From 1.45 + 3 cm
W50	1.15	5 cm	From 1.40 + 3 cm
W55	1.10	5 cm	From 1.35 + 3 cm
W60	1.00	5 cm	From 1.25 + 3 cm
W65	0.90	5 cm	From 1.10 + 3 cm
W70	0.85	5 cm	From 1.05 + 3 cm
W75	0.79	5 cm	From 0.99 + 3 cm
W80	0.79	5 cm	From 0.99 + 3 cm
W85	0.75	5 cm	From 0.90 + 3 cm
W90+	0.75	5 cm	From 0.85 + 3 cm

Women Pole Vault			
Age	Minimum	Progression	Note
W35	1.80	20 cm	From 2.80 + 10 cm
W40	1.60	20 cm	From 2.40 + 10 cm
W45	1.60	20 cm	From 2.40 + 10 cm
W50	1.40	20 cm	From 2.20 + 10 cm
W55	1.20	20 cm	From 2.00 + 10 cm
W60	1.20	20 cm	From 2.00 + 10 cm
W65	1.20	20 cm	From 2.00 + 10 cm
W70	1.20	20 cm	From 2.00 + 10 cm
W75	1.20	20 cm	From 2.00 + 10 cm
W 80	1.20	20 cm	From 2.00 + 10 cm
W85	1.20	20 cm	From 2.00 + 10 cm
W90+	1.20	20 cm	From 2.00 + 10 cm

Men High Jump			
Age	Minimum	Progression	Note
M35	1.65	5 cm	From 1.90 + 3 cm
M40	1.55	5 cm	From 1.80 + 3 cm
M45	1.50	5 cm	From 1.75 + 3 cm
M50	1.40	5 cm	From 1.65 + 3 cm
M55	1.30	5 cm	From 1.55 + 3 cm
M60	1.25	5 cm	From 1.50 + 3 cm
M65	1.20	5 cm	From 1.45 + 3 cm
M70	1.10	5 cm	From 1.35 + 3 cm
M75	1.00	5 cm	From 1.25 + 3 cm
M80	0.88	5 cm	From 1.03 + 3 cm
M85	0.79	5 cm	From 0.94 + 3 cm
M90+	0.79	5 cm	From 0.89 + 3 cm

Men Pole Vault			
Age	Minimum	Progression	Note
M35	2.80	20 cm	From 3.80 + 10 cm
M40	2.60	20 cm	From 3.60 + 10 cm
M45	2.40	20 cm	From 3.40 + 10 cm
M50	2.20	20 cm	From 3.20 + 10 cm
M55	2.00	20 cm	From 3.00 + 10 cm
M60	1.80	20 cm	From 2.80 + 10 cm
M65	1.60	20 cm	From 2.60 + 10 cm
M70	1.40	20 cm	From 2.20 + 10 cm
M75	1.20	20 cm	From 2.20 + 10 cm
M80	1.20	20 cm	From 2.20 + 10 cm
M85	1.20	20 cm	From 2.20 + 10 cm
M90+	1.20	20 cm	From 2.20 + 10 cm

Basis for the carrying out of the competitions are the IAAF and WMA rules. In the event of any interpretation doubts, the English version of the IAAF, WMA and present rules are in force .

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ENTRY FEES

		NUMBER		TOTAL
First event excluding pentathlon	40 EUR			
Second event(s)	15 EUR			
Pentathlon	50 EUR			
The Result book printed	20 EUR			
The Result book on DVD	5 EUR			
Get together party	25 EUR			
Accompanying person:	25 EUR			
Name :				
COACH* <input type="checkbox"/> GUEST* <input type="checkbox"/> OTHER* <input type="checkbox"/>				
Anti-doping FEE	1 EUR			1
TOTAL				

- * please put an X beside

The Entry Form is also available on www.evaci2011.be/entryform.

This Entry Form shall calculate your entry fee and will be automatically forwarded to your National EVAA body.

The Entry Form must be sent to the National EVAA body before :

January 15 2011.

Entry fees are to be paid without exception to the National Affiliate.

The National Affiliate will transfer the total amount to the Organizing Committee's account.

HOTEL RATES : WWW.EVACI2011.BE\HOTELS

All prices are quoted per person and per night, and are valid for a stay in double or twin room in the Bed and Breakfast formula.

Per person per day	EURO
Top	80 / 90
Superior	65 / 75
Standard	55 / 65
Economy	45 / 55
Budget(Hostel) - 4-6 beds per room	32

Individual bookings as well as bookings for single or triple rooms are also possible: see bookings@evaci2011.be

A. Camping and motorhome

MOTOR HOME PARKING WILL BE LOCATED NEXT TO THE VENUE.

Camping Blaarmeersen
Zuiderlaan 12
9000 GENT
Email: camping.blaarmeersen@gent.be

B. Booking conditions

The Hotel Reservation Form is to be sent online till 30 November 2010

C. Payment conditions

30 % deposit is to be paid within 10 days after hotel name confirmation. On the day of receipt of your deposit, your accommodation is fixed.

70 % resp. rest amount is to be paid not later than 15 January 2011.

D. Cancellation conditions

- 1 The deposit will be retained for cancellations received before January 15th 2011. 50 % of whole amount will be retained for cancellations received until February 15th 2011. No refund resp. 100 % of the due amount will be kept for later will be kept for later cancellations or in cases of 'no show'.

