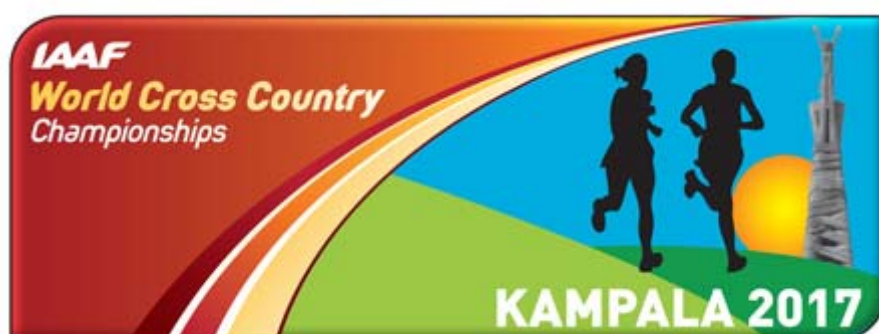


IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS KAMPALA 2017



TEAM MANUAL



OFFICIAL IAAF PARTNERS



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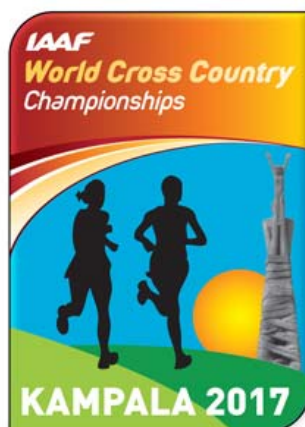
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1. GENERAL INFORMATION

1.1 IAAF Council Members and International Officials

IAAF Council

President	Lord Sebastian Coe (GBR)
Senior Vice President	Sergey Bubka (UKR)
Vice Presidents	Dahlan Al Hamad (QAT) Hamad Kalkaba Malboum (CMR) Alberto Juantorena Danger (CUB)
Treasurer	José Maria Odriozola (ESP)
Individual Members	Roberto Gesta De Melo (BRA), South America* Nawal El Moutawakel (MAR) Abby Hoffman (CAN) Anna Riccardi (ITA) Pauline Davis-Thompson (BAH) Geoff Gardner (NFI), Oceania* Sylvia Barlag (NED) Ahmad Al Kamali (UAE) Frank Fredericks (NAM) Bernard Amsalem (FRA) Zhaocai Du (CHN) Victor Lopez (PUR), NACAC* Stephanie Hightower (USA) Hiroshi Yokokawa (JPN) Antti Pihlakoski (FIN) Mikhail Butov (RUS) Adille Sumariwalla (IND) Nawaf Al Saud (KSA) Svein Arne Hansen (NOR), Europe* David Okeyo (KEN), Africa* Karim Ibrahim (MAS), Asia*

**Area Group Representatives*

International Delegates and Officials

Organisational:	Hamad KALKABA MALBOUM (CMR)
Technical:	Carlos CARDOSO (POR)
Deputy Technical:	Siddig IBRAHIM (SUD)
Jury of Appeal:	Ahmad AL KAMALI (UAE) Otto KLAPPERT (GER) Khalid SKAH (MAR)
Medical / Anti-Doping:	Harold ADAMS (SUD)
Press Delegate:	Anna LEGNANI (ITA)
ICRO	Massimo MAGNANI (ITA)

1.2 Local Organising Committee

Organising Member: **Uganda Athletics Federation**
Metropole House Plot 8/10 Suite G10 Entebbe Road
Kampala UGANDA
Tel.: +256 414 340 342
Fax: +256 414 340 342
Email: uga@mf.iaaf.org
Website: <http://www.athleticsuganda.org/>

Local Organising Committee IAAF World Cross Country Championships, Kampala 2017

(LOC) Offices c/o National Council of Sports
Plot 2 – 10 Coronation Avenue, Kampala, Uganda
Hon. Charles BAKKABULINDI
Chairman
Secretary (main contact) Beatrice AYIKORU (bayikoru@yahoo.co.uk)
General email secretariat@iaafkampala2017.org

1.3 Information about Kampala

Kampala is the capital and largest city of Uganda. The city is divided into five boroughs that oversee local planning: Kampala Central Division, Kawempe Division, Makindye Division, Nakawa Division, and Lubaga Division.

The city grew as the capital of the Buganda kingdom, from which several buildings survive, including the Kasubi Tombs (built in 1881), the Lubiri Palace, the Buganda Parliament and the Buganda Court of Justice. Severely damaged during the late-1970s Uganda–Tanzania War, the city has since then been rebuilt with constructions of new hotels, banks, shopping malls, educational institutions, and hospitals replacement of war torn buildings and infrastructure. Traditionally, Kampala was a city of seven hills, but over time it has grown to have a lot more hills.



Kampala has a tropical rainforest climate (Af) under the Köppen-Geiger climate classification system.

Another facet of Kampala's weather is that it features two annual wet seasons. There is a long rainy season from August to December and a short rainy season from February to June. However, the shorter rainy season sees substantially heavier rainfall per month, with April typically seeing the heaviest amount of precipitation

Population	1,507,114 (in 2014)
Currency	Ugandan Shilling (1 USD = 3,585.00 UGX as at 1 st February 2017)
Time zone	EAT (UTC+3)
Altitude	1,190m
Average rainfall (in March)	131.5mm
Climate (average in late March)	28C° temperature, 73% humidity
Shop opening hours	9:00 ~ 21:00
Bank opening hours	9:00 ~ 16:00
Electricity voltage	240V (UK adaptor plug)
Mobile Telephone Network	GSM: 3G, 4G, UMTS, WCDMA
Drinking Water	It is not recommended to drink tap water directly, though it is not harmful.

1.4 General Programme

GENERAL PROGRAMME

Friday, 24 March	Arrivals and Accreditation
Saturday, 25 March	10:00 (tbc) IAAF Press Conference
	15:00 Course Inspection
	16:00 Technical Meeting
	19:30 IAAF/LOC Dinner (by Invitation)
Sunday, 26 March	13:30 <i>Opening Ceremony</i>
	14:00 Mixed Relay
	14:30 U20 Women
	15:00 <i>Medal Ceremony Mixed Relay</i>
	15.10 U20 Men
	15:40 <i>Medal Ceremony U20 Women</i>
	15:55 Senior Women
	16:40 <i>Medal Ceremony U20 Men</i>
	16.55 Senior Men
	17:30 <i>Medal Ceremony Senior Women</i>
	17:45 <i>Medal Ceremony Senior Men</i>
	18:00 Mass Race
	20:00 Final Banquet
Monday, 27 March	Departures

The Opening Ceremony will take place on Sunday at 13:30, just prior to the start of the mixed relay race. The IAAF Protocol will be followed and further information will be provided at the Technical Meeting. Teams will not be required to take part in the parade.

2. TRAVEL TO KAMPALA

2.1 Official Airport and Arrival Information

The official airport is Entebbe International Airport (EBB). It is situated 40km from the City and the expected travel time to Kampala is about 1 hour 20 minutes.

Welcome desks will be set up at the arrival terminals.

According to the official period, arrival in Kampala should be on Friday 24 March and departure should be on Monday 27 March. Depending on the arrival / departure times, the LOC will organise transfer by Bus to the accommodation venues in Kampala.

For those teams planning to arrive prior to 24 March or leave after 27 March, it is important to advise the LOC well in advance so that exceptional arrangements can be made.

2.2 Entry Visas

General

Most foreign nationals are required to have entry visas to travel to the Republic of Uganda. Visas are either issued on arrival, which is the case for many countries, or at Ugandan Foreign Embassies/Consulates. See Appendix B for visa information.

Documents required for the Visa Application at Ugandan Foreign Embassies or Consulates:

- Original Passport with at least six months of remaining validity and a page for the visa.
- One completed Republic of Uganda Visa Application Form (available from the website of the Ugandan Consulate where the Application will be submitted) with a recently-taken colour passport photo attached (frontal with no hat), taken against a white background.
- Invitation Letter from the Uganda Athletics Federation – see IAAF Circular Letter M/26/16, Appendix A

Visa Issuance on arrival:

In order to receive visas on arrival, all delegations are advised to complete the request form attached and submit it to the LOC by 13th March 2017 latest. Upon receipt of this, Invitation Letters for visa on arrival shall be issued.

Visa request forms and any other inquiries on visa should be submitted to visas@iaafkampala2017.org

*All travelers to the Republic of Uganda **MUST** have a valid Yellow Fever Immunisation card. This includes countries whose citizens do not require entry visas to Uganda.*

2.2.4 Embassies in Countries and Regions

Please refer to Appendix B for:

- Countries and Regions whose Citizens DO NOT NEED a visa to enter Uganda.
- Countries and Regions whose Citizens DO NEED A VISA and HAVE a Ugandan Consulate
- Countries and Regions whose Citizens DO NEED A VISA and DO NOT HAVE a Ugandan Consulate.

2.3 Insurance

All IAAF 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 IAAF competitions and during the event itself. Furthermore, proof of such insurance is now required in most cases to obtain visas, e.g., in the Schengen area.

As in past years, the IAAF will try to negotiate an offer with its insurance company the details of which will be proposed to Member Federations in a circular.

3. ACCREDITATION

3.1 Accreditation Centre

The Teams' Accreditation Centre will be located at the Imperial Royale Hotel in the meeting room "Lilly A" situated in the lobby. The other team hotel is at 5 minutes' drive from the accreditation centre and the LOC will arrange transportation

Opening Dates and Times will be as follows:

- 23 March 14:00 – 19:00
- 24 March 09:00 – 12:30 14:00 – 19:00
- 25 March 09:00 – 12:30

Team Leaders staying at the Africana Hotel will be transported by the LOC to the accreditation centre as soon as possible after check-in.

3.2 Accreditation Procedures and Payments

3.2.1 Team Leader

The Team Leader will have to report to the LOC / IAAF Offices at the accreditation centre before collecting the accreditation cards for the whole team. Here he will have to complete the following formalities:

- Uniform Check
- Athletes' Acknowledgement and Agreement Forms
- LOC Accommodation Invoice
- Travel Reimbursement and IAAF Financial Statement
- Final Confirmation of Entries and copies of passports (U20 athletes)

The Team Leader 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 he can collect the accreditation cards, which will be given upon presenting a document stating all procedures have been completed.

3.2.2 Athletes & Team Officials

All athletes and team officials will be able to check-in upon arrival at their respective hotel according to the information provided with the final entries.

NB: to shorten procedures and avoid delays, it is strongly advisable to submit to the LOC the rooming list in advance, prior to arrival.

3.3 Quota and Financial Support

3.3.1 Quota

The Quota can be found in Appendix A.

3.3.2 Travel

For athletes within the Quota and Continental Champions, IAAF will offer 100% of an economy class airline ticket from the Member Federation Headquarters to Kampala (See Appendix A for special conditions and complete details).

Member Federations can contact the IAAF Travel Office (travels@iaaf.org) for their travel arrangements. If they wish to arrange their own tickets, they should have requested prior approval of the travel quote by **26 January 2017** (deadline for preliminary entries) by indicating the price they are able to obtain in the appropriate section of the IAAF Event Entry System. Late requests can be refused by the IAAF.

3.3.3 Accommodation

For athletes within the quota staying with their teams in one of the official hotels, the LOC is offering free accommodation in twin rooms for the subsidised period of maximum three nights (arrival Friday 24 March, departure Monday 27 March). Quota athletes requesting single rooms will be charged a supplement (see costs later).

The accommodation of athletes above the quota, subsidised and non-subsidised officials (see chart in appendix F), and outside the official period, is at the cost of the respective Member Federation.

3.3.4 Reimbursements

Reimbursements will be made by bank transfer after the competition

If an athlete for whom the IAAF/LOC have provided financial support is on site but does not compete, the IAAF/LOC have the right to reclaim the travel and accommodation support.

3.4 Arrivals outside the Accreditation Centre Opening Times

Teams or individual athletes arriving prior to 24 March will be handled on a case by case basis. However, the LOC must be informed in advance to make the necessary arrangements.

3.5 Accreditation Card

The accreditation cards must be worn visibly and must be presented upon request. They are personal and non-transferable. The loss or theft of an accreditation card must be reported immediately to the accreditation centre. In order to obtain new accreditation, the person in question, accompanied by the team leader and carrying an appropriate identification document, must request it personally.

4. ACCOMMODATION

4.1 Teams' Hotels

LOC has arranged accommodation in the following two different hotels of similar standard:

Hotel Africana Plot 2/4 Wampewo Avenue Kampala, 0256 Uganda Tel. +256 414777500 E-mail: africana@hotelafricana.com http://www.hotelafricana.com/	Imperial Royale Hotel Plot 7 Kintu Road Kampala, Uganda Tel. +256 41 7111001 E-mail: information@irh.co.ug http://www.imperialhotels.co.ug/improyaleoveview.html
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4.2 Teams' Hotels Charges

All Prices per person per day Full Board (in USD)	Official Period from 24 to 27 March (3 nights)		Outside Official Period and non-subsidised officials	
	Twin	Single	Twin	Single
Athletes within the quota	Paid by LOC	USD 40	USD 95	USD 140
Athletes outside the quota and subsidised officials	USD 80	USD 120		

All reservations must be made through the IAAF via the IAAF on-line Event Entry System (<http://evententry.iaaf.org>). The accommodation invoices will be based on the information (number of persons and arrival / departure details) provided in the Final Entries, with a tolerance of two persons.

Payment of extra costs can be made:

- by credit card: Visa, Mastercard
- In cash: US Dollars or Euros

Your extras (telephone, laundry, minibar, etc.) will have to be paid to the hotel front desk when checking out.

4.3 Check-in Procedures

Upon arrival, team members must report to the Championships Welcome Desk where, according to the rooming list previously provided, dedicated check-in procedures will be completed and the room keys delivered. Passports will be required for check-in.

4.4 Services in the Teams' Hotels

Dedicated rooms for teams' physiotherapy as well as staff and team meetings will be available at each hotel.

4.5 Meals

Meals will be served in the respective hotel restaurants. Athletes and team officials will be admitted to the restaurant upon presentation of their accreditation.

The timetable for meals is:

Breakfast: 07:00 – 10:00

Lunch: 12:00 – 14:00 (Sunday, 26 March 10:30 – 14:00)

Dinner: 18:30 – 21:00

A Final Banquet will take place on 26 March at 20:00 in Hotel Africana. No dinner will be served in the Imperial Royale Hotel.

5. TRANSPORTATION

The LOC has planned transportation to and from the airport, for training, for competition and for special functions for all Athletes and Team Officials during the official period 24-27 March. For any transport requirements outside the official period, LOC must be contacted in advance so that special arrangements can be made.

A dedicated team will be assigned to ensure that all the transportation requirements for all visitors are met according to the necessary schedules. Buses and cars will be identified with a sticker (Championship Logo). Daily coordination will be ensured in case of any changes through the Team Attachés and the Competition Information Desks.

Schedules for all transport services will be displayed at the Information Desks in the hotels and other event venues.

5.1 Training

No transport will be organised for training as the training area is in the Uganda Golf Course that is located at walking distance from both Team's hotels.

5.2 Course Inspection and Training at the Competition Venue

On Saturday 25 March, buses will leave the hotels at 14:15 for the Course. Departure back from the Course (for all athletes and officials) will be at 16:45 (after the Technical Meeting and training session).

5.3 Competition

Transport Schedule to and from the Course shall be distributed to the Team Leaders by the Hotel Competition Information desk upon arrival.

6. INFORMATION CENTRES

6.1 Technical Information Centre (TIC)

During the competition, a Technical Information Desk will be set-up at the course. It will be located adjacent to the teams changing area and shall deal with any competition-related enquiry during the races, including protests and appeals. A posting board will be available for the display of start lists, results (partial and final), etc.

6.2 Competition Information Desk (CID)

Competition Information Desks will be available at the two Teams' Hotels. It shall be in charge of, but not limited to, the following:

- Display on the relevant Posting Board of official communications to the teams, including Start Lists, Results, etc.
- Distribution of Urgent notices to the Delegations. It is the Team Leader's duty to check with the Information Desk whether there is any information for his team to be collected.
- Receipt of written questions for the Technical Meeting (deadline 12:00 noon, 25 March)
- Distribution of information for issues relating to accommodation, meals, transport and the Competition in general.

6.3 IAAF Competitions Department

Staff from the IAAF Competitions Department will be in Kampala 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:

- 24-25 March Teams Accreditation Centre
- 26 March In the Call Room or at the Start / Finish Area – can be contacted through the TIC

7. COURSE AND COMPETITION FACILITIES

7.1 Course (see maps in Appendices C and D)

The competition venue is located at Kololo Independence Grounds, approximately 3km from Kampala Capital City Centre. It is a permanent place for national ceremonies and mass sports events. The course was used once for the National Cross Country Championships and the 3rd African Cross Country Championships.

The course itself is a 2km loop with an average width of 6m and mostly covered in grass. It has an average elevation of around 7m. The course map is attached in Appendix D.

The start and finish areas are situated in an area with a good overall view from permanent spectator tribunes. The course has been developed and, in on addition to the two natural hills, another man-made hill and a ditch have been added to make it more challenging. There are also three 0.4m obstacles which will be placed after the finish area as the course is connecting to the starting loop.

The race will be run in an anti-clockwise direction and, with a loop of approximately 2000m, combined with the start and finish straights, will make up the following approximate distances for the five races:

Race	Number of laps	Total length
U20 Women	3	6km
U20 Men	4	8km
Senior Women	5	10km
Senior Men	5	10km
Mixed Relay	4	8km

7.2 Warm-Up Area

A large area is located near the start area and will serve as warm-up area prior to the event. Access will be reserved to team members only.

7.3 Start / Finish Area

All necessary facilities will be located between the bus drop-off point and the start area. After the race, and after having passed through the mixed zone where they will also return the transponders, athletes will return to the changing area for their clothing.

7.4 Training

Athletes will be able to train at the Uganda Golf Course. It is situated in the city centre, within walking distance from both Teams Hotels.

A training session at the Competition venue will take place on Saturday afternoon between 14:45 and 16:30. Transport from the hotels will leave at 14:15 and back at 16:45.

8. ENTRIES AND FINAL CONFIRMATIONS

8.1 Entry Regulations (except Mixed Relay)

In all races a Member Federation may enter a maximum of eight athletes; no more than six shall be allowed to start in the race with four to score.

Individual entries are admitted and the finishing athletes shall be eligible for the corresponding individual awards. Prize money shall be for the senior races only.

Entry Regulations Mixed Relay

Mixed Relay is composed of 2 men and 2 women per team, each running one loop of the course in any order.

8.2 Final Entries

The IAAF on-line Event Entry System will open on 13 February 2017 for the Final Entries (<http://evententry.iaaf.org>). The deadline for completing and submitting the Final Entries is 13 March 2017 (midnight Monaco Time).

Should you encounter difficulties when submitting your Entries electronically, please contact the IAAF Competitions Department for assistance by email: events@iaaf.org.

8.3 Final Confirmations

Teams will receive the Final Confirmation Forms upon arrival in Kampala 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 for all events must be made during the accreditation procedure at the Teams Accreditation Centre.

8.4 Athlete Acknowledgement and Agreement

As announced in IAAF Circular Letter M/24/09 dated 29 July 2009, each athlete competing in an IAAF World Athletics Series Competition must have an appropriately filled in and signed copy of the Athlete Acknowledgement and Agreement on file at the IAAF. All athletes competing in the IAAF World Cross Country Championships Kampala 2017 must sign and submit this acknowledgement, as soon as possible, but by no later than the Final Entry deadline (13 March 2017). IAAF Member Federations are obliged to submit one for each entered athlete (email: athletes-agreement@iaaf.org). The Athlete Acknowledgement and Agreement can be found in Appendix E.

The submission of all the required Agreements will be checked during the accreditation procedure and any outstanding forms will be requested.

Note: Athletes who have already submitted their Agreement do not need to send it again – see athletes' names with a tick in the Event Entry System.

9. COMPETITION PROCEDURES

9.1 Course Inspection

A guided tour of the course and related facilities will take place on 25 March at 15:00. The meeting point will be at the Teams tent in the warm-up area.

9.2 Technical Meeting

The Technical Meeting will take place on 25 March at 16:00 at the competition facilities after the Course Inspection. The agenda will follow the IAAF guidelines. A maximum of two representatives from each Federation are invited to attend.

9.3 Written Questions

Any enquiries concerning the Championships must be made in writing (in English or French). 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 same Accreditation Centre or to the Competition Information Desks in the Teams' Hotels no later than 12:00 on 25 March. No questions will be accepted during the Technical Meeting.

9.4 Timetable

The timetable for Kampala 2017 was approved by the IAAF Council in August 2016 and is provided below:

Sunday, 26 March

13:30 *Opening Ceremony*
14:00 *Mixed Relay*
14:30 *U20 Women*
15:00 *Medal Ceremony Mixed Relay*
15:10 *U20 Men*
15:40 *Medal Ceremony U20 Women*
15:55 *Senior Women*
16:40 *Medal Ceremony U20 Men*
16:55 *Senior Men*
17:30 *Medal Ceremony Senior Women*
17:45 *Medal Ceremony Senior Men*

Any change to the schedule of the races or of the medal ceremonies shall be communicated at the Technical Meeting.

9.5 Mixed Relay

The relay will consist of teams of 2 men and 2 women each running one loop of the course (last loop is a little bit shorter than the others). The order of running is to be determined by each team but the final composition of the team and the running order must be declared at the TIC no later than one hour before the Call room time for the Relay (12.30 of Sunday 26th March 2017). The Declaration Forms will be distributed at the Accreditation Centre and will also be available at the TIC on the day of the event.

All the athletes of a team will enter in the Call Room at the same time wearing their competition uniform and **ready to compete**.

Athletes must carry on their wrist or in their hands a wristband that will serve as relay

baton. It will be transferred to the next athlete within the takeover zone (IAAF Rules 170.6c and 170.7 will be apply).

The takeover zone will be located close to the call room area and will be 20m long with the scratch line in the centre. Entrance and exit of the takeover zone will be marked with small flags or cones.

9.6 Athletes' Bibs

All athletes will receive 3 bibs, each one carrying the athlete's name and the country flag.

Two bibs for each athlete shall be distributed during the Accreditation procedure. These bibs are to be used for the back of the vest and for the bag (or track suit). Bibs which are not collected shall be taken to the Call Room on Sunday morning.

The third bib carrying the transponder for the official timing, which will go on the chest, will be delivered at the Call Room.

Bibs must be worn in accordance with IAAF 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.

9.7 Athletes' Clothing

All athletes must wear the official national uniform approved by their Delegation. IAAF Rule 143.1 recommends that the front and the back of the uniforms should have the same colour. The uniforms will be checked upon arrival at the Team Accreditation Centre. 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.

Any advertising on clothes and bags must comply with IAAF Rules and Regulations. Please note that the IAAF Advertising Rules and Regulations applicable for this competition specify a maximum of 30 cm² for the Manufacturer's logo on the competition wear and 40 cm² on sweatshirts, T-shirts and jackets.

The name/Logo of a national sponsor may be displayed, according to the same dimensions as set out above, instead of one of the national team or Member Federation Logo or flag on the national vest/leotard provided that such national sponsor is not a competitor of a Sponsor of the IAAF or of the event. For the purpose of avoiding such conflicts, Member Federations must seek and receive prior approval from the IAAF.

9.8 Call Room Procedures

The Call Room is situated at the exit of the teams' changing area (see map in Appendix C). All athletes must present themselves at the Call Room not later than 20 minutes before the start of each race. Athletes who fail to appear on time at the Call Room without a valid reason may be excluded from participating.

Team officials are not allowed to enter the Call Room.

The procedures in the Call Room shall be as follows:

- Identification of Athletes by means of their bib number
- Distribution of the Bib with the transponder
- Checking of Athletes' Uniform

Athletes must report to the Call Room wearing their competition uniform and **ready to compete**. Any bags, clothing or personal belongings must be left in the changing area. In case of cold weather athletes shall be allowed to take with them their uniform's track suit top and / or trousers which they will then have to drop-off at the exit of the Call Room. The clothes will then be deposited back to the athletes' corresponding box in the changing area. After leaving the Call Room, athletes will move directly towards the Start Area where there will be the opportunity for a last warm-up on the course.

9.9 Line up for the Start

Each full team will be allocated a starting box for each of the Championship races, according to a draw made by the IAAF Technical Delegate. Individual athletes will share a box. The result of this draw will be displayed at the Start Area.

There will be pre-calls at 5 minutes, 3 minutes and 1 minute before the start.

9.10 Starter's Commands

The starter's commands will be given in English. The following commands will be used:

- "On your marks"
- Firing the gun

9.11 Timing

Official timing will be provided by SEIKO with transponders. The bibs with the athletes' transponders will be delivered directly at the Call Room before the race. Athletes must wear the bib with the transponder on the chest before leaving the Call Room. At the exit of the Call Room, a control mat will be placed in order to check the good functioning and placement of the transponder.

9.12 Post Competition Procedures

All athletes, upon completion of their event, must proceed to the Mixed Zone located just ahead of the finish line.

Flash interviews with TV and radio will be conducted immediately after each race in the Mixed Zone, followed by short interviews with written press.

At the end of the Mixed Zone:

- athletes shall be asked to return the transponder
- athletes selected for doping control shall be notified by a doping control officer
- medal winners shall be notified accordingly and eventually escorted to the Medal Ceremonies waiting area

Athletes wishing to collect their clothing must walk back to the changing area.

Press Conferences will be conducted with all the medallists.

9.13 Scoring and Ties

In all races four finishers shall score. Each race shall be scored separately.

The team results shall be decided by the aggregate of places recorded by the scoring athletes of each team. The team with the lowest aggregate of points will be judged the winner. If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards (senior races only).

In assessing the aggregate, no adjustment to the scoring of the finishing teams shall be made in respect of any non-scoring team runners or of individual entries. In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer to first place.

In the relay, the finishing order will be determined by the position of the 4th runner.

9.14 Medal Ceremonies

Gold, Silver and Bronze medals shall be presented to the first three placed athletes in each individual event and the first three placed teams, who shall mount the awards podium. Participants who did not finish the race or were disqualified shall not mount the awards podium and shall not receive a medal.

The athletes must wear their delegation's official uniform at Medal Ceremonies. During the playing of the anthem and the raising of the flags, they shall face the flags and conduct themselves in a dignified manner at all times.

9.15 Protests and Appeals

Protests and Appeals shall be handled according to IAAF Rule 146, an extract of which appears hereunder. Protests and appeals shall be handled by the TIC.

9.15.1 Protests

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 Organising Committee 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 his behalf or by an official representative of a team.

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 him through the Technical Information Centre.

9.15.2 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 the decision at the TIC.

9.16 Competition Awards

The Prize Money at the IAAF World Cross Country Championships will be as follows:

Senior Races:

Individual

1 st USD 30,000	4 th USD 7,000
2 nd USD 15,000	5 th USD 5,000
3 rd USD 10,000	5 th USD 3,000

Team

1 st USD 20,000	4 th USD 10,000
2 nd USD 16,000	5 th USD 8,000
3 rd USD 12,000	6 th USD 4,000

Relay:

1 st USD 12,000
2 nd USD 8,000
3 rd USD 6,000
4 th USD 4,000

Payments will be made following confirmation of doping control tests and submission of complete Award Forms with full bank details. The individual Award Form can be downloaded from the IAAF website (www.iaaf.org/competitions/iaaf-world-cross-country-championships) and is also available in Appendix G. Additionally, copies will be available on site through the IAAF Competitions Department Staff. Unless otherwise advised by the relevant Member Federation, payments of Team and Relay Awards will be made directly to the Member Federation's Account.

By signing the Awards Form, athletes acknowledge and agree to their rights and obligations in regards to the above mentioned Prize Money. Should an athlete's Doping Control results return positive, the awards shall be withheld.

10. MEDICAL SERVICES

10.1 General Plan

During the event there will be medical services available at the accommodation venues as well as at the course on the day of competition.

All the Medical Centres and LOC Medical Teams will have direct communication by mobile phones and landlines in the Hotel. Contact numbers will be provided to the teams. All the doctors and nurses will be easy to identify by their uniforms.

A fully-equipped emergency ambulance will be available on site with a medical team (doctor, nurse or paramedic and driver) during the competition and training period. Ambulances will also be available on-call for hotels and other venues 24 hours a day, as will be partner hospitals.

10.2 Emergency Contact Numbers

Emergency Ambulance Phone number: 912

Emergency Response Phone number: 0800121342

10.3 Medical Services in the Teams' Hotels

For medical emergency situations an ambulance with a medical team (doctor and paramedic) will be available on call for 24 hours a day. There will be a medical team on duty 24 hours in the teams' hotels.

In each team hotel, a common physiotherapy room will be provided for the teams with medical staff to set-up their own massage beds.

10.4 Medical Services at the Course

During the competition, emergency medical teams and ambulances will be stationed on the course and a Medical Centre will be set up near the finish line.

10.5 Procedures in case of injury or illness

In any case of injury or illness, please report to the LOC Doctor on duty at the hotel (the contact number will be available at the CID) or to the LOC Medical centre at the course in order to receive the necessary treatment.

The LOC Medical Services will focus on the treatment of injured athletes. Patients requiring further treatment shall be transferred to partner hospitals.

10.6 Physiotherapy and Massage Services offered by the LOC

Medical services, including physiotherapy and massage services, will be offered by the LOC in the team hotels and at the course on competition day for those teams that do not have their own medical staff.

10.7 Designated Medical Institutions

Partner Hospitals have been designated for each emergency situation. These include laboratory and radio diagnostic, able to assess the medical conditions and the need for an eventual hospitalization.

10.8 Other Information

Both at the competition and at the hotels there will be sufficient supply of ice (on request)

for treatment and drinkable water for athletes.

Emergency medications will be ready for use; subject to availability, any necessary medications prescribed by staff physicians will be supplied by the medical directors. Other medical prescriptions given by accredited team physicians can be supervised by local medical teams' physicians if requested.

11. DOPING CONTROL

Doping Control will be conducted according to the IAAF Rules and IAAF Anti-Doping Regulations (latest editions available on the IAAF website) and under the supervision of the IAAF Doping Control Delegate.

Both blood and urine doping control testing will be carried out in Doping Control Station located at the competition venue.

More details will be provided at the Technical Meeting.

12. DEPARTURES

Unless special arrangements have been made directly with the LOC, all teams are expected to leave Kampala on Monday 27 March. Before leaving the hotel please make sure you check-out at the front desk and settle any extras (minibar, telephone, laundry, etc.).

Bus departure times for the airport, based on the flight information provided at the time of the Final Entries, will be displayed at the CID on Saturday evening. If you have any change to your departure flight make sure you inform the LOC immediately.

QUOTA

APPENDIX A

- All Member Federations are entitled to a basic quota of one male and one female athlete.
- According to the results achieved in the best two of the three previous editions of the competition, the following Member Federations benefit from a higher quota as below:

Men	Women
8 ERI, ETH, GBR, KEN, RSA, USA	8 ETH, GBR, JPN, KEN, USA
7 ALG, AUS, BRN, CAN	7 CHN, ERI, RSA
6 ESP, FRA, JPN, MAR	6 CAN, ESP, MAR
5 ITA, POL, POR, TAN	5 ALG, AUS, BRN
4 BRA, MEX, RWA, SUD	4 FRA, PER, POR
3 SUI, TUN	3 BEL, BRA, IRL, ZIM

Host UGA

- The maximum number of quota places per race remains 4 (number of scoring athletes), regardless of the number of athletes entered (applies also in case of additional quota places for Continental Champions – see below)

CONTINENTAL CHAMPIONS

All the Area Associations will organise Continental Cross Country Championships. For Individual and Team Continental Champions participating in the corresponding four races of the IAAF World Cross Country Championships, specific travel and accommodation grants shall be administered as follows:

Individual Competitions – the Continental Champion of each individual event shall always benefit from a 100 % travel and accommodation grants.

Team Competitions Accommodation Grant – the Continental Champions (up to a maximum of four athletes in each race) of each team event shall always benefit from the accommodation grant.

Team Competitions Travel Grant – the Continental Champions (up to a maximum of four athletes in each race) of each team event shall always benefit from a 50 % travel grant. The travel grant will be increased to 100% if:

- The following minimum number of teams competed (with four athletes to score) in the corresponding event at the Continental Championships:
 - Africa 11 teams
 - Asia 9 teams
 - Europe 10 teams
 - NACAC 6 teams
 - Oceania 4 teams
 - South America 3 teams
- OR if the team in question finishes in the first half of the IAAF World Cross Country Championships.

If the Champions are not entered, the benefit will not be extended to second place. The concerned Continental Associations must send the results of these competitions to the IAAF in order for the financial benefit to be implemented.

Mixed Relay

- All Member Federations receive a quota of two athletes for the Mixed Relay. Teams finishing in the top five positions will receive an additional two quota places.

VISA INFORMATION
APPENDIX B

Federation	Code	Area	Do not need visas	Visas & Embassy*	Visas & No Embassy**
AFGHANISTAN	AFG	ASI			X
ALBANIA	ALB	EUR			X
ALGERIA	ALG	AFR			X
AMERICAN SAMOA	ASA	OCE			X
ANDORRA	AND	EUR			X
ANGOLA	ANG	AFR	X		
ANGUILLA	AIA	NAM			X
ANTIGUA & BARBUDA	ANT	NAM	X		
ARGENTINA	ARG	SAM			X
ARMENIA	ARM	EUR			X
ARUBA	ARU	NAM			X
AUSTRALIA	AUS	OCE		X	
AUSTRIA	AUT	EUR			X
AZERBAIJAN	AZE	EUR			X
BAHAMAS	BAH	NAM	X		
BAHRAIN	BRN	ASI			X
BANGLADESH	BAN	ASI			X
BARBADOS	BAR	NAM			X
BELARUS	BLR	EUR			X
BELGIUM	BEL	EUR		X	
BELIZE	BIZ	NAM	X		
BENIN	BEN	AFR			X
BERMUDA	BER	NAM			X
BHUTAN	BHU	ASI			X
BOLIVIA	BOL	SAM			X
BOSNIA-HERZEGOVINA	BIH	EUR			X
BOTSWANA	BOT	AFR			X
BRAZIL	BRA	SAM			X
BRITISH VIRGIN ISLANDS	IVB	NAM			X
BRUNEI	BRU	ASI			X
BULGARIA	BUL	EUR			X
BURKINA FASO	BUR	AFR			X
BURUNDI	BDI	AFR	X		
CAMBODIA	CAM	ASI			X
CAMEROON	CMR	AFR			X
CANADA	CAN	NAM		X	
CAPE VERDE ISLANDS	CPV	AFR			X
CAYMAN ISLANDS	CAY	NAM			X

Federation	Code	Area	Do not need visas	Visas & Embassy*	Visas & No Embassy**
CENTRAL AFRICAN REPUBLIC	CAF	AFR			X
CHAD	CHA	AFR			X
CHILE	CHI	SAM			X
CHINESE TAIPEI	TPE	ASI			X
COLOMBIA	COL	SAM			X
Commonwealth of DOMINICA	DMA	NAM			X
COMOROS	COM	AFR	X		
CONGO	CGO	AFR			X
COOK ISLANDS	COK	OCE			X
COSTA RICA	CRC	NAM			X
CROATIA	CRO	EUR			X
CUBA	CUB	NAM			X
CYPRUS	CYP	EUR	X		
CZECH REPUBLIC	CZE	EUR			X
DEM. REP. OF SAO TOME E	STP	AFR			X
DEMOC. REPUBLIC OF CONGO	COD	AFR		X	
DENMARK	DEN	EUR		X	
DJIBOUTI	DJI	AFR			X
DOMINICAN REPUBLIC	DOM	NAM			X
DPR OF KOREA	PRK	ASI			X
EAST TIMOR	TLS	ASI			X
ECUADOR	ECU	SAM			X
EGYPT	EGY	AFR		X	
EL SALVADOR	ESA	NAM			X
EQUATORIAL GUINEA	GEQ	AFR			X
ERITREA	ERI	AFR			X
ESTONIA	EST	EUR			X
ETHIOPIA	ETH	AFR		X	
F Y REP. OF MACEDONIA	MKD	EUR			X
FIJI	FIJ	OCE	X		
FINLAND	FIN	EUR			X
FRANCE	FRA	EUR		X	
FRENCH POLYNESIA	PYF	OCE			X
GABON	GAB	AFR			X
GEORGIA	GEO	EUR			X
GERMANY	GER	EUR		X	

Federation	Code	Area	Do not need visas	Visas & Embassy*	Visas & No Embassy**
GHANA	GHA	AFR	x		
GIBRALTAR	GIB	EUR			x
GREAT BRITAIN & N.I.	GBR	EUR		x	
GREECE	GRE	EUR			x
GRENADA	GRN	NAM	x		
GUAM	GUM	OCE			x
GUATEMALA	GUA	NAM			x
GUINEA	GUI	AFR			x
GUINEA-BISSAU	GBS	AFR			x
GUYANA	GUY	SAM			x
HAITI	HAI	NAM			x
HONDURAS	HON	NAM			x
HONG KONG, CHINA	HKG	ASI	x		
HUNGARY	HUN	EUR			x
ICELAND	ISL	EUR			x
INDIA	IND	ASI		x	
INDONESIA	INA	ASI			x
IRAQ	IRQ	ASI			x
IRELAND	IRL	EUR			x
ISLAMIC REPUBLIC OF IRAN	IRI	ASI		x	
ISRAEL	ISR	EUR			x
ITALY	ITA	EUR		x	
IVORY COAST	CIV	AFR			x
JAMAICA	JAM	NAM	x		
JAPAN	JPN	ASI		x	
JORDAN	JOR	ASI			x
KAZAKHSTAN	KAZ	ASI			x
KENYA	KEN	AFR	x		
KIRGHIZISTAN	KGZ	ASI			x
KIRIBATI, REPUBLIC OF	KIR	OCE			x
KOREA	KOR	ASI			x
KOSOVO	KOS	EUR			x
KUWAIT	KUW	ASI			x
LAOS	LAO	ASI			x
LATVIA	LAT	EUR			x
LEBANON	LBN	ASI			x
LESOTHO	LES	AFR	x		
LIBERIA	LBR	AFR			x
LIBYA	LBA	AFR		x	
LIECHTENSTEIN	LIE	EUR			x

Federation	Code	Area	Do not need visas	Visas & Embassy*	Visas & No Embassy**
LITHUANIA	LTU	EUR			X
LUXEMBOURG	LUX	EUR			X
MACAO	MAC	ASI			X
MADAGASCAR	MAD	AFR	X		
MALAWI	MAW	AFR	X		
MALAYSIA	MAS	ASI	X		
MALDIVES	MDV	ASI			X
MALI	MLI	AFR			X
MALTA	MLT	EUR			X
MARSHALL ISLANDS	MHL	OCE			X
MAURITANIA	MTN	AFR			X
MAURITIUS	MRI	AFR	X		
MEXICO	MEX	NAM			X
MICRONESIA	FSM	OCE			X
MOLDOVA	MDA	EUR			X
MONACO	MON	EUR			X
MONGOLIA	MGL	ASI			X
MONTENEGRO	MNE	EUR			X
MONTserrat	MNT	NAM			X
MOROCCO	MAR	AFR			X
MOZAMBIQUE	MOZ	AFR			X
MYANMAR	MYA	ASI			X
NAMIBIA	NAM	AFR			X
NEPAL	NEP	ASI			X
NETHERLANDS	NED	EUR			X
NEW ZEALAND	NZL	OCE			X
NICARAGUA	NCA	NAM			X
NIGER	NIG	AFR			X
NIGERIA	NGR	AFR		X	
NORFOLK ISLAND	NFI	OCE			X
NORTHERN MARIANA ISLANDS	NMI	OCE			X
NORWAY	NOR	EUR			X
OMAN	OMA	ASI			X
PAKISTAN	PAK	ASI			X
PALESTINE	PLE	ASI			X
PANAMA	PAN	SAM			X
PAPUA NEW GUINEA	PNG	OCE			X
PARAGUAY	PAR	SAM			X
PERU	PER	SAM			X
PHILIPPINES	PHI	ASI			X

Federation	Code	Area	Do not need visas	Visas & Embassy*	Visas & No Embassy**
POLAND	POL	EUR			X
PORTUGAL	POR	EUR			X
PR OF CHINA	CHN	ASI		X	
PUERTO RICO	PUR	NAM			X
QATAR	QAT	ASI			X
Rep of NAURU - Pacific	NRU	OCE			X
Rep of PALAU - Pacific	PLW	OCE			X
REPUBLIC Of YEMEN	YEM	ASI			X
ROMANIA	ROU	EUR			X
RUSSIA	RUS	EUR		X	
RWANDA	RWA	AFR	X		
SAINT KITTS AND NEVIS	SKN	NAM			X
SAINT LUCIA	LCA	NAM			X
SAINT VINCENT	VIN	NAM	X		
SAMOA	SAM	OCE			X
SAN MARINO	SMR	EUR			X
SAUDI ARABIA	KSA	ASI		X	
SENEGAL	SEN	AFR			X
SERBIA	SRB	EUR			X
SEYCHELLES	SEY	AFR	X		
SIERRA LEONE	SLE	AFR	X		
SINGAPORE	SIN	ASI			X
SLOVAK REPUBLIC	SVK	EUR			X
SLOVENIA	SLO	EUR			X
SOLOMON ISLANDS	SOL	OCE	X		
SOMALIA	SOM	AFR		X	
SOUTH AFRICA	RSA	AFR		X	
SOUTH SUDAN	SSD	AFR	X		
SPAIN	ESP	EUR			X
SRI LANKA	SRI	ASI			X
SUDAN	SUD	AFR		X	
SURINAM	SUR	SAM			X
SWAZILAND	SWZ	AFR	X		
SWEDEN	SWE	EUR			X
SWITZERLAND	SUI	EUR		X	
SYRIA	SYR	ASI			X
TAJIKISTAN	TJK	ASI			X
TANZANIA	TAN	AFR	X		
THAILAND	THA	ASI			X
THE GAMBIA	GAM	AFR	X		

Federation	Code	Area	Do not need visas	Visas & Embassy*	Visas & No Embassy**
TOGO	TOG	AFR			x
TONGA	TGA	OCE	x		
TRINIDAD AND TOBAGO	TTO	NAM			x
TUNISIA	TUN	AFR			x
TURKEY	TUR	EUR		x	
TURKMENISTAN	TKM	ASI			x
TURKS AND CAICOS ISLANDS	TKS	NAM			x
TUVALU	TUV	OCE			x
UGANDA	UGA	AFR			
UKRAINE	UKR	EUR			x
UNITED ARAB EMIRATES	UAE	ASI		x	
UNITED STATES	USA	NAM		x	
URUGUAY	URU	SAM			x
UZBEKISTAN	UZB	ASI			x
VANUATU	VAN	OCE	x		
VENEZUELA	VEN	SAM			x
VIETNAM	VIE	ASI			x
VIRGIN ISLANDS	ISV	NAM			x
ZAMBIA	ZAM	AFR	x		
ZIMBABWE	ZIM	AFR	x		

*Citizens of countries in this category are advised to apply for visas at the Ugandan Foreign Embassies and Consulates located in their country

**For citizens of countries in this category, visas will be issued on arrival at entry points to the Republic of Uganda. Invitation letters will be availed by the Ministry of Internal Affairs to ease visa issuance on arrival.

LOC Visa Invitation Request Form

Member Federation _____

Contact person _____

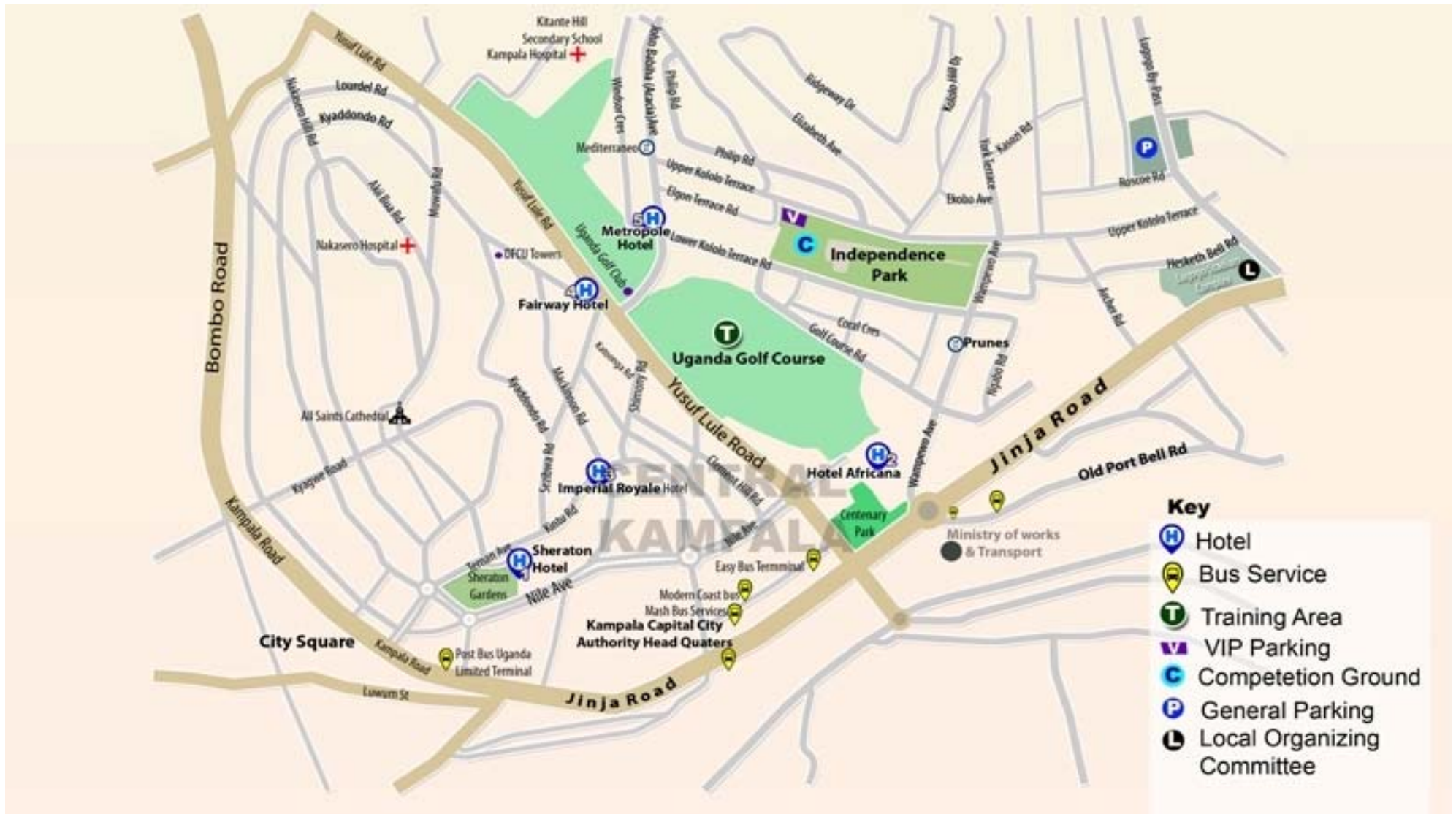
Contact details

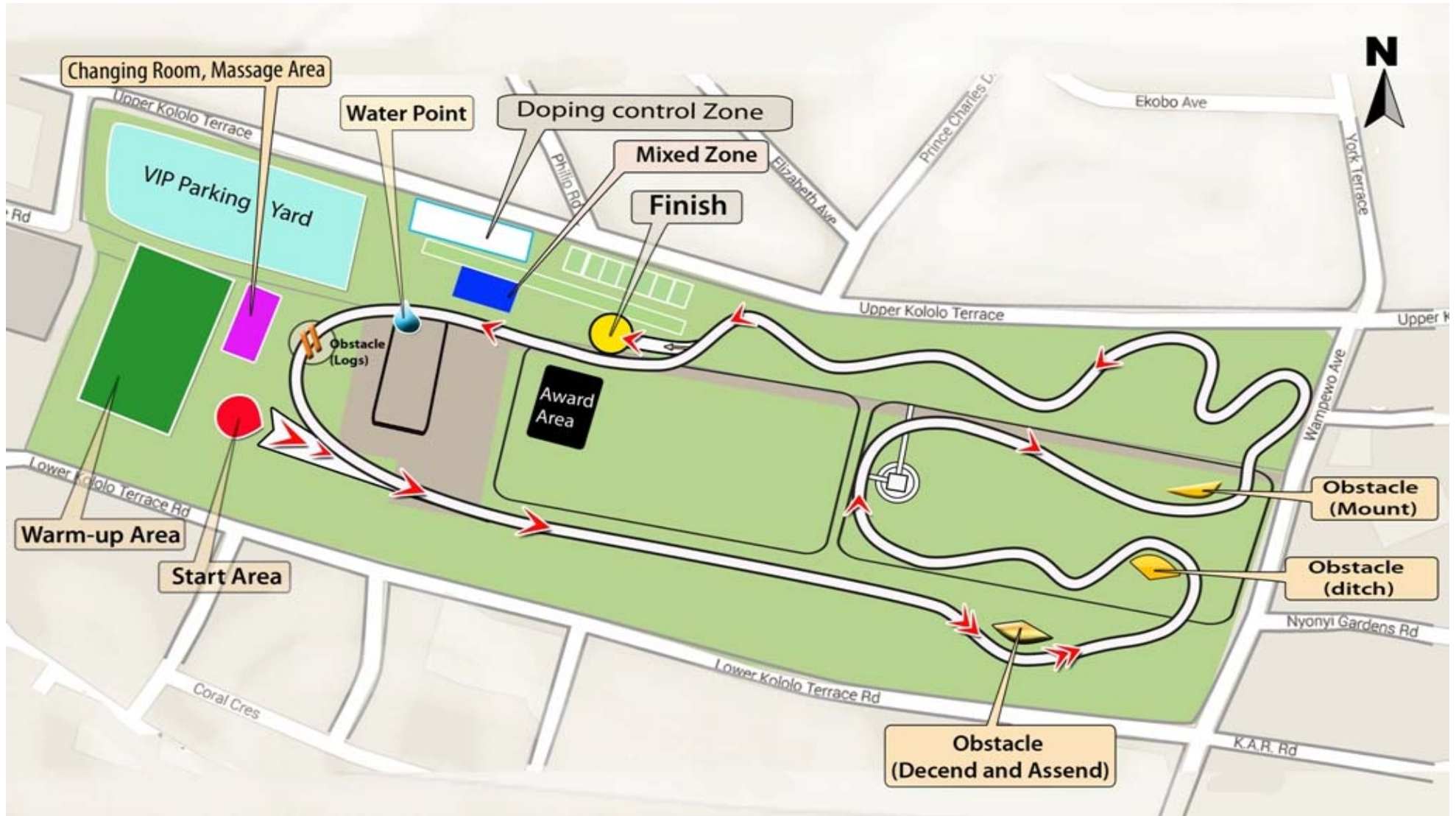
Tel: _____

Email: _____

	Full name (as in passport)	Date of birth *	M / W	Citizenship	Passport Number	City of visa application
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

* please use following format for the dates: **day / month / year**





1. In consideration of the right to compete in International Competitions, I,
_____ of _____

[Last Name, First Name]

[National Federation]

hereby acknowledge and agree as follows:

- 1.1. I am aware of and have had the opportunity to review the IAAF Rules (the "Rules") and the IAAF Regulations (the "Regulations") available on the IAAF website at <http://www.iaaf.org/about-iaaf/documents/rules-regulations>. I consent and agree to comply with and be bound by the Rules and Regulations (and any amendments to the Rules and Regulations as may be made from time to time).
 - 1.2. I consent and agree in particular to comply with and be bound by the IAAF Anti-Doping Rules (Chapter 3 of the Rules) and by the IAAF Anti-Doping Regulations and the International Standards incorporated into the IAAF Anti-Doping Regulations. I declare that I am not currently using and will not in the future use any substance or method or other practice which violates the IAAF Anti-Doping Rules. I undertake to compete in Athletics drug free at all times.
 - 1.3. I am aware of and have had the opportunity to review the Athlete Information Notice available on the IAAF website at <http://www.iaaf.org/about-iaaf/documents/anti-doping#athletes-guides-and-advisory-notes> concerning the use of my personal information by the IAAF. I consent and agree that my personal information may be used by the IAAF in accordance with the Athlete Information Notice.
 - 1.4. I consent and agree in particular that my Personal Information including without limitation my Sensitive Personal Information (as those terms are defined in the Anti-Doping Regulations) may be processed for anti-doping purposes in accordance with the IAAF Anti-Doping Rules and the IAAF Anti-Doping Regulations (and the International Standard for the Protection of Privacy and Personal Information incorporated into the Anti-Doping Regulations) by and amongst the IAAF and its Area Associations and Member Federations, the World Anti-Doping Agency, National Anti-Doping Agencies and/or other Anti-Doping Organisations, including, but not limited to, as part of the ADAMS database system.
 - 1.5. I am aware of and have had the opportunity to review the IAAF Code of Ethics (the "CoE") available on the IAAF website at <http://www.iaaf.org/about-iaaf/documents/rules-regulations#rules>. I consent and agree to comply with and be bound by the Code of Ethics (and any amendments to the Code of Ethics as may be made from time to time).
 - 1.6. I consent and agree that for the limited purpose of promoting the IAAF, the sport of Athletics, or particular athletics competitions, the IAAF may without charge and on a worldwide basis use any images that are taken of me in any media at or in conjunction with any athletics competitions in which the IAAF has an ownership interest, including the World Championships in Athletics and other World Athletics Series events.
 - 1.7. I acknowledge and agree that any dispute arising out of a decision made pursuant to the Rules may be appealed exclusively as provided in the Rules to the Court of Arbitration for Sport (CAS). I acknowledge and agree that all decisions of CAS under the Rules shall be final and binding and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.
2. Unless renewed upon the IAAF's request at any time, this Agreement shall be of indefinite duration and shall terminate only upon my retirement from Athletics.
 3. This Agreement shall be governed by and construed in accordance with the Laws of Monaco. I acknowledge that, by signing this Acknowledgement and Agreement, I have read and understand this Acknowledgement and Agreement and that it is legally binding.

Date: _____


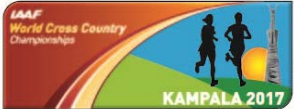
Name: _____
[Print Last Name (in Capitals), First Name]

Date of Birth: _____
[Day/Month/Year]

Signature: _____

Please return this form by email: athletes-agreement@iaaf.org

Athletes	Subsidised Officials (55%)	Non-subsidised Officials (25%)
1	1	1
2	2	1
3	2	1
4	3	1
5	3	2
6	4	2
7	4	2
8	5	2
9	5	3
10	6	3
11	7	3
12	7	3
13	8	4
14	8	4
15	9	4
16	9	4
17	10	5
18	10	5
19	11	5
20	11	5
21	12	6
22	13	6
23	13	6
24	14	6
25	14	7
26	15	7
27	15	7
28	16	7
29	16	8
30	17	8
31	18	8
32	18	8

 <p style="margin: 0;">IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS KAMPALA, UGA – 26 March 2017</p> <p style="margin: 0;">INDIVIDUAL AWARD FORM (Senior and Mixed Relay Races only)</p>	
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NAME OF AWARD WINNER: _____

RACE:M/F _____ POSITION: _____

COUNTRY: _____

I would like my Kampala World Cross Country Championships' Award to be paid to
(Please tick the box corresponding to your choice):

My Authorised Athletes' Representative (name)

Me personally (please provide details below)

Or to my National Member Federation or Area Association

In case of choice 1 or 2 please print in block letters the bank details hereunder:

BANK NAME: _____

Bank Branch Address (street and number): _____

City: _____ Country: _____ Zip code: _____

ACCOUNT OWNER (Beneficiary, pay to :) _____

ACCOUNT NUMBER: _____

IBAN CODE: _____

BANK CODE: _____

SWIFT CODE: _____

Signature of the Athlete: _____

Please return this form before **26 April 2017** to the IAAF Competitions Department:
awards@iaaf.org