



SKOPJE 2018

www.emrch2018-skopje.com



CONTENTS

1. MESSAGES	3
1.1. European Athletics President	3
1.2. Athletics Federation of Macedonia	4
2. SKOPJE, HOST CITY.....	5
3. DATE AND VENUE	7
3.1. Venue Maps.....	8
3.2. Course Maps.....	9
4. TRANSPORTATION	10
5. VISA INFORMATION.....	11
6. ENTRIES	12
6.1. Programme, Structure and Scoring	12
7. ACCOMMODATION.....	13
8. FINANCIAL CONDITIONS	14
9. INSURANCE.....	15
10. WEBSITE	15
11. GENERAL PROGRAMME	16
12. LOCAL ORGANISING COMMITTEE.....	16

1. MESSAGES

1.1. European Athletics President

I am very pleased to welcome everyone to the European Mountain Running Championships here in Skopje.

It is the 17th edition of the Championships since they came under European Athletics' auspices in 2002.

Macedonia will be the host of this particular competition for the first time, but many people will remember that the 2014 European 10,000m Cup was also very successfully staged here.

Being such a relatively recent event, I'm sure that the experience and expertise gained on that occasion will be a huge advantage in staging this engaging and entertaining competition which is gaining in popularity every year.

If you are reading this introduction, you will almost certainly know that the European Mountain Running Championships will actually be staged on the Vodno mountain to the southwest of the city so before writing this introduction I looked up some details of the venue on a popular travel website to refresh the impressions I gained when I was in Skopje for the European Athletics Congress in 2013.

The images I saw of this 1066-metre high mountain were of beautiful forest and hill trails but what really struck me were the comments. "Wow! What a view and what a fantastic place to go," was one comment. "Coolest view of a European capital city," said another visitor to the Vodno mountain. I feel sure that this venue will have a similar impact on spectators and runners alike at this year's Championships.

At the time of writing, we don't know the composition of the teams, but I hope that the 2017 individual winners, Italy's Xavier Chevrier and Switzerland's Maude Mathys, will be able to defend their titles. Last year, there was a sensation when an inspired French quartet took the men's team gold medals and so ended Italy's winning streak of 15 titles. I am sure that year there will be a strong team wearing the famous blue vest of the Azzurri looking to



regain their crown and this could be a contest to savour.

In the last ten years, the women's team title has been shared between Great Britain and Italy and it will be fascinating to see whether another nation, perhaps the mountain running powerhouses of Austria and France, can break up their duopoly.

However, this competition is no longer the domain of a small group of nations.

Competitors from many European Athletics Member Federations that would be not usually be considered to have a long-standing mountain running heritage, such as our host nation Macedonia, have been entering these Championships in recent years.

This championship will again provide a focal point for athletes from those nations which, in turn, has helped this championship increase its popularity and profile the length and breadth of the continent.

European Athletics would like to say thank you and pay tribute to the Atletska Federacija na Makedonija (Athletics Federation of Macedonia), the town of Skopje, as well as all the officials and volunteers with the Local Organising Committee for all their hard work and commitment in staging this year's championship.

Svein Arne Hansen
 European Athletics President

1.2. Athletics Federation of Macedonia President



Dear friends of Athletics,

We are united in celebrating athletics as the queen of sports, because it brings forward the best of human nature and spirit - performance,

achievements, elegance, health. It is a competition which brings people together.

The Athletics Federation of Macedonia takes great pride for providing contribution to Macedonian and European athletics. We successfully hosted the 23rd European Congress in 2013 and the European 10,000m Cup for men and women in 2014, which was recognized by the European Athletics Association.

It is therefore a great pleasure for me, as well as for the Athletics Federation of Macedonia and athletes, that Skopje will once again be in the focus of Europe's attention by hosting the forthcoming 17th European Mountain Running Championships.

We are committed to organizing this important event in a way which will celebrate sports and friendship. To this aim, the Organising Committee of the Athletics Federation of Macedonia enjoys full support and assistance by the Agency for Youth and Sport of the Republic of Macedonia, the Macedonian Olympic Committee, the City of Skopje, Public Enterprises, the Macedonian Ministry of the Interior and all relevant national institutions.

With our joined efforts, hard work, knowledge, commitment and passion, we aim to achieve and surpass the European standards and meet our own expectations for offering an excellent quality organisation

of the 17th European Mountain Running Championships.

Skopje is a metropolis which will gracefully open its heart to all of you. A city with rich history and vibrant present, Skopje offers a unique combination of opportunities to its visitors. Historical monuments and museums, modern cafes and exciting night life, restaurants with rich national traditional cuisine, astoundingly fine wine and beer, and the amazing charm of the Old Bazar, are attracting tourists from all over the world.

Skopje also offers nature escapes right in its closest vicinity, such as the running trail by the Vardar river, the Vodno mountain and the true rare beauty the Canyon of Matka.

The 17th European Mountain Running Championships will take place on Vodno, a picturesque mountain with beautiful configuration, located just above the city of Skopje in the southern part of the Skopje valley. This mountain has met the European Mountain Running standards and will further amaze you with its beauty and the organization of the Championships.

I expect sports fans not only from Skopje, but also fans and athletes from all over Macedonia who will contribute to a great atmosphere that will additionally affect the competitive spirit of the forthcoming Championships.

And finally, as the 17th European Mountain Running Championships start, the volunteers will demonstrate our traditional hospitality with their warm smile. I wish the participants fair competition and great results. We expect you.

Krsto Serafimovski
Athletics Federation of Macedonia President

2. SKOPJE, HOST CITY



Skopje is the capital city of the Republic of Macedonia, a city located in the heart of the Balkan Peninsula, at the crossroad of vital communications, with a 2000-year-old tradition. The city holds a population of 750.000 inhabitants.


We would encourage you to take a walk along the beautiful quay of the Macedonian river "Vardar", to stroll along the narrow streets of the Old Bazaar, which is the biggest bazaar preserved in the Balkans today; to climb up the Upper Town (the "Kale"), in order to feel the spirit of the 1500-year-old fortress and enjoy the panorama of Skopje. We would also suggest to visit St. Pantelejmon church and admire the "Lamentation of Christ" fresco, bearing the first signs of the Renaissance. Additionally, we invite you to feel the treasures of Skopje and to visit the Islamic Monuments, namely Sultan Murat's-Hjunkar Mosque and Daut Pasha Hamam.

Skopje is internationally famous for being the birthplace of Mother Teresa. I am confident that she would be proud of the helpful and hospitable attitude that Skopje inhabitants demonstrate towards visitors. Despite the turbulent history of the Balkans, Skopje has blossomed into a thriving, stimulating city to be explored, defining itself as superb tourist destination.

After an exciting day spent in Skopje, you can enjoy the tasty Macedonian cuisine and the delicious Macedonian wines.

Have a pleasant stay!

GENERAL INFORMATION

Macedonia	Population of about 2 million inhabitants.	
Capital city	Skopje is the capital of the Republic of Macedonia.	
Official language	Macedonian; Cyrillic alphabet is used for reading and writing in Macedonian.	
Religion	Christian Orthodox is the main religion.	
Currency	1 EUR = about 61 MKD (Macedonian Denar)	
Money exchange	There are many exchange bureaus offering a range of exchange services. Please choose a bureau with clearly displayed rates and make all transactions inside the office.	
Time zone	CET (GMT + 2 hours in summer).	
Electricity specifications	220V. 50 Hz.	
Telephone code	International country code for Macedonia: +389	
Plugs/outlets	Plug with two parallel round prongs (Type C & F): 	
Shop opening hours	Most shops are open from 09:00 to 21:00. Shopping Centres usually have extended working hours.	
Bank opening hours	09:00 to 22:00.	
Tap water	Safe to drink.	
Some words and phrases in Macedonian language	Hello, Hi Good Bye Thank you How are you? Good morning Good afternoon Good evening Good night Water Ice	Dobar den, Zdravo Doviduvanje, cao Blagodaram, Fala Kako si? Dobro utro Dobar den Dobro vecer Dobra nok Voda Led

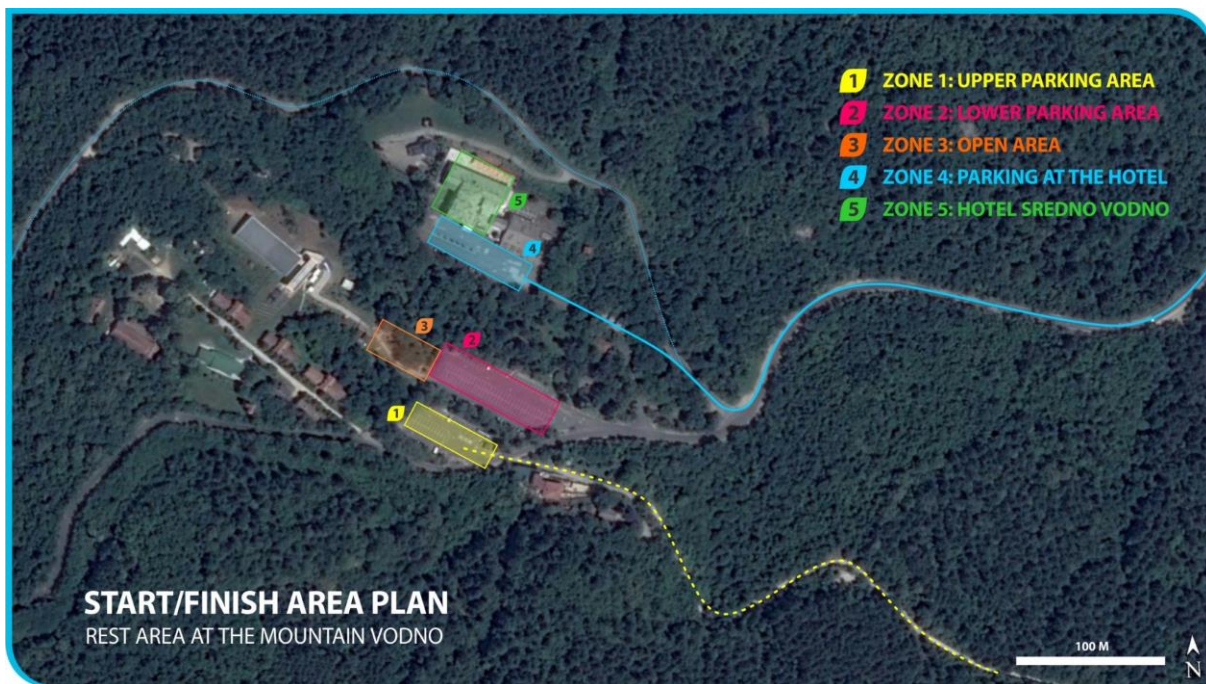
3. DATE AND VENUE



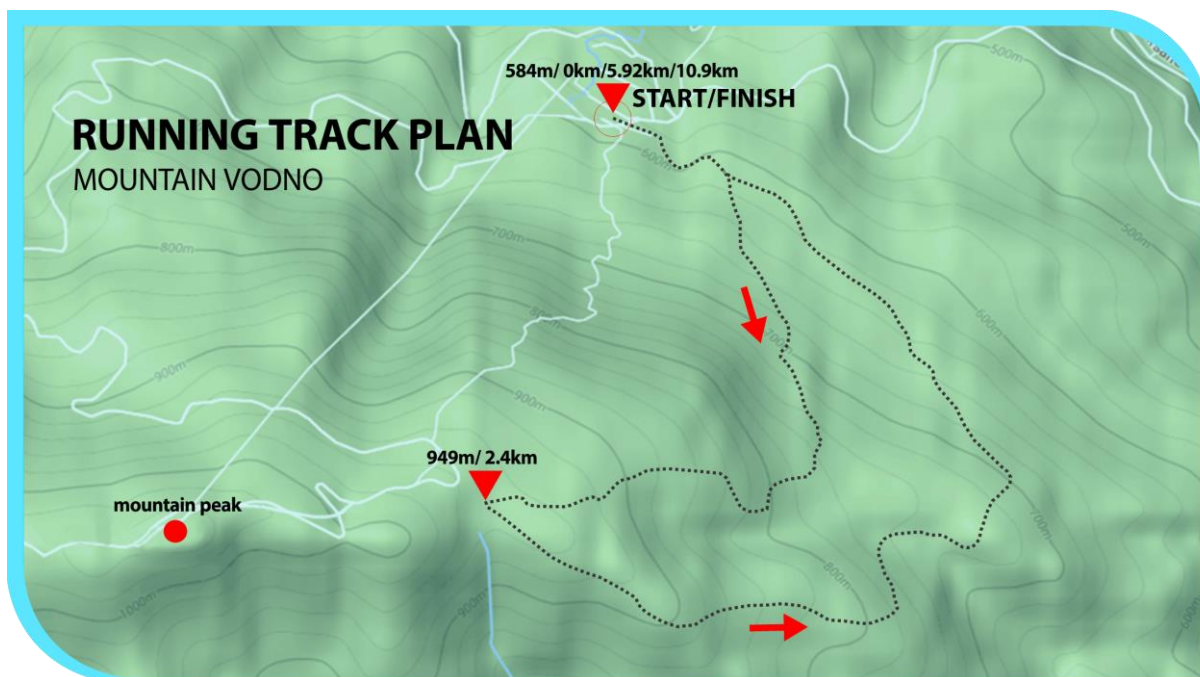
The Macedonian capital city of Skopje will stage the 2018 edition of the European Mountain Running Championships on 1 July.

As it is customary in even years, the 2018 edition of the European Mountain Running Championships will be staged on an uphill and downhill course. The event itself, as well as trainings, will take place on the Vodno Mountain to the south-west of Skopje. One of the standout features of the mountain is the Millennium Cross on Krstovar peak, one of the biggest Christian crosses in the world.

3.1. Venue Maps



3.2. Course Maps



Course	Loops	Length	Ascents	Descents	Start/Finish	Highest Point
Men & Women	2	11,0km	+ 700m	- 700m	585m	950m
U20 Men & U20 Women	1	6,0km	+ 365m	365m	585m	950m

4. TRANSPORTATION

The official airport will be Skopje Alexander the Great Airport.

The transfer time from the airport to the official hotels is approximately 25 minutes (15 km).

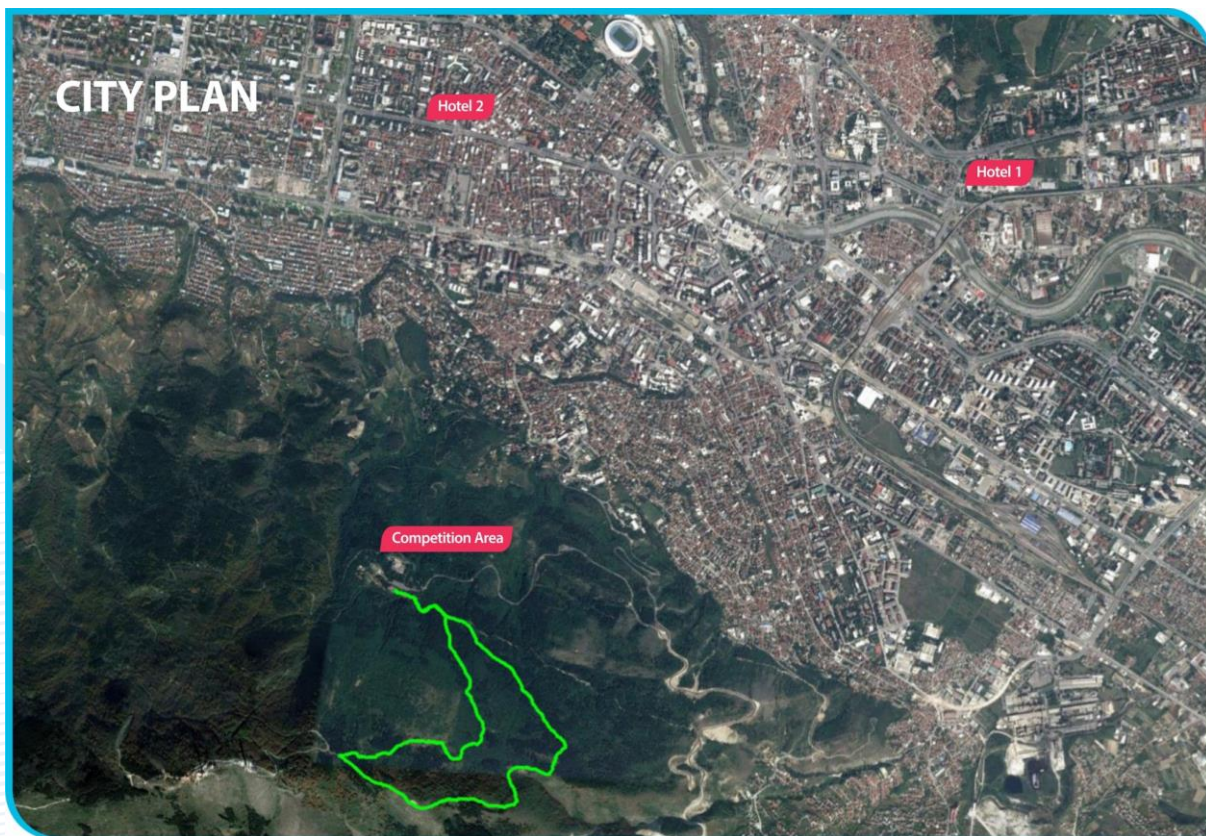
Upon arrival to Skopje Alexander the Great Airport, the teams will be met by LOC staff at the Welcome Desk located immediately in the Main Arrivals Hall of the airport.

Alternatively:

International Train Station - 1 km from official Hotels.

International Bus Station - 1 km from official Hotels.

In case teams arrive by train or bus, the LOC will provide transfer from/to the train/bus stations accordingly.



Transportation between the team hotels and the various venues, including official and social functions, will be guaranteed by the LOC shuttle service.

5. VISA INFORMATION

Visas should be obtained before leaving your country well in advance to ensure all the procedures in due time.

The following countries require visas to enter:

Countries
Armenia
Belarus
Georgia
Moldova

Participants who require a special Invitation Letter and visa application information, should, no later than 31 May 2018, contact the Local Organising Committee through:

Dejan Angelovski:

angelovski009@yahoo.com

The following information shall be included in the request:

- Full name (first name and family name as shown in passport);
- Gender;
- Date of Birth;
- Passport Number and Passport Expiry Date (passports should be valid at least 6 months after the end of the competition);
- Function in the Team (athlete or official).

The Invitation Letter will be sent as soon as possible.

Note: EU member countries and signatories of the Schengen Agreement have the right to enter the Republic of Macedonia with a valid ID card.

6. ENTRIES

In accordance with European Athletics competition regulations, the entries deadlines for the European Mountain Running Championships will be as follows:

Preliminary Entries	Opening	6 March 2018
	Closing	22 March 2018 (14:00 CET)
Final Entries	Opening	5 June 2018
	Closing	21 June 2018 (14:00 CET)
Final Confirmations	Deadline	Final confirmation sheets to be distributed by the LOC upon teams' arrivals at the Accreditation Centre and collected no later than 30 June 09:00

The European Athletics Event Management System for the entries is accessible at the following link: <https://arena.european-athletics.org>. Member Federations' entries manager shall use their already known individual and personalized access.

6.1. Programme, Structure and Scoring

The 2018 edition of the European Mountain Running Championships will be staged on an uphill and downhill course whose programme shall comprise events for Men and Women and for Under 20 Men and Women.

According to the competition regulations, the European Mountain Running Championships comprises separate events for teams and individuals representing European Athletics Member Federations (1102.3.).

Athletes entered in the European Mountain Running Championships may participate as individuals and as members of teams representing European Athletics Member Federations (1102.5.).

Each European Athletics Member Federation may enter a maximum of 6 (six) athletes of which a maximum of 4 (four) may participate (1102.6.).

No athlete aged less than 16 (sixteen) years on 31 December of the year of the competition may participate in the European Mountain Running Championships and no athlete aged less than 18 (eighteen) years on 31 December of the year of the competition may participate in the Senior races (1102.7.).

For the specific participation conditions, please refer to the respective event regulations available under: <http://www.european-athletics.org/european-athletics/competition-regulations/>

7. ACCOMMODATION

Participating teams will be accommodated in the following hotels:



Hotel Continental

Address: Boulevard Aleksandar Makedonski b.b. 1000 Skopje

Tel: +389 2 3 116 599

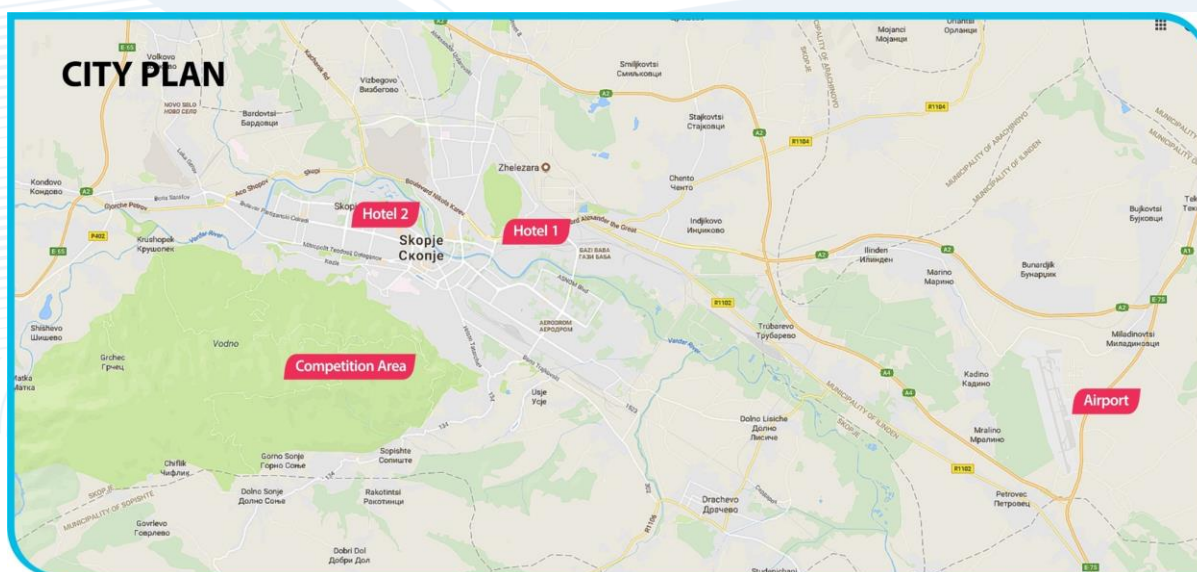
Website: www.hotelcontinental.com.mk

Hotel Karpos-Skopje

Address: Boulevard Šekspirova b.b. 1000 Skopje

Tel: +389 2 3088 388

Website: www.hotelkarpos.com.mk



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

8. FINANCIAL CONDITIONS

According to the European Athletics Regulations (1110.4.), European Athletics shall bear the board and lodging expenses of visiting teams at the venue of the competition for a maximum period of not more than 3 (three) days and for a maximum number of the scoring athletes in each event.

The number of team officials is also eligible for fixed price accommodation and other benefits; however European Athletics will not cover these officials' accommodation costs.

The following rates (per person/night) must be paid for "out of quota" team members and for additional days:

Team Members	Single room	Twin room ⁽²⁾
Athletes, in and out-of-ratio officials	80 EUR per night ⁽¹⁾	130 EUR per night
Additional nights (Athletes and Officials)	85 EUR per person/night	130 EUR per night

All prices include meals and VAT

- (1) Each team will be allocated a minimum number of single rooms equivalent to 10% of the total number of athletes and in-ratio officials registered in the final entries at the price of a twin room in single occupancy (65€). Any single rooms above the 10% threshold will be charged at the rate of 80 EUR and will be subject to the official hotels' availability;
- (2) In case of later arrival/early departure of the sharing person, the night used as single room will be charged at the rate of the twin room in single occupancy (65 EUR).

In addition to the accommodation costs, out-of-ratio officials will be charged a lodging fee of 15 EUR, for the whole duration of the event.

Ratio of Athletes and Officials

Number of Athletes	Number of Team Officials (1)	Maximum number of additional officials
From - to:	Up to:	(out-of-ratio):
1 - 3	1	1
4 - 6	2	1
7 - 10	3	2
11 - 15	5	3

Team Officials include: Head of Delegation, Team Leaders(s), Coaches, Medical Staff (medical doctors and physiotherapists), Team Press Liaison, Personal Coaches and others.

9. INSURANCE

The participating European Athletics Members are responsible for taking out their own insurance to cover illness or injury to any member of their party when travelling to and from and during the European Mountain Running Championships (1110.9.).

10. WEBSITE

The official website of the European Mountain Running Championship (www.emrch2018-skopje.com), containing useful information about the event and competition venues is already available.

Information and link can also be found at:

<http://www.european-athletics.org/competitions/european-mountain-running-championships/>

11. GENERAL PROGRAMME

Day	Time	Activity
Thursday, 28 June	All Day	Arrivals and Accreditation
Friday, 29 June	All Day	Arrivals and Accreditation
Saturday, 30 June	All Day	Arrivals and Accreditation
	08:00 – 12:00	Course Visit
	09:00	Final Confirmations (deadline)
	12:00	Technical Meeting Questions (deadline)
	14:00	Technical Meeting
	18:00	Opening Ceremony
	20:00	Welcome Dinner
Sunday, 1 July	09:00	Start Women U20
	10:00	Start Men U20
	10:45	Start Women
	12:30	Start Men
	19:00	Medal & Closing Ceremonies
	20:00	Final Banquet
Monday, 2 July	All Day	Departures

12. LOCAL ORGANISING COMMITTEE

For further details about the European Mountain Running Championship in Skopje/MKD on 1 July 2018 please contact the Local Organising Committee at any of the below options:

Event General Coordinator

Name: Arsov Viktor

Mobile Phone: +389 70 255 655

E-mail: viktor.arsov@afm.org.mk



HOST INSTITUTIONS

