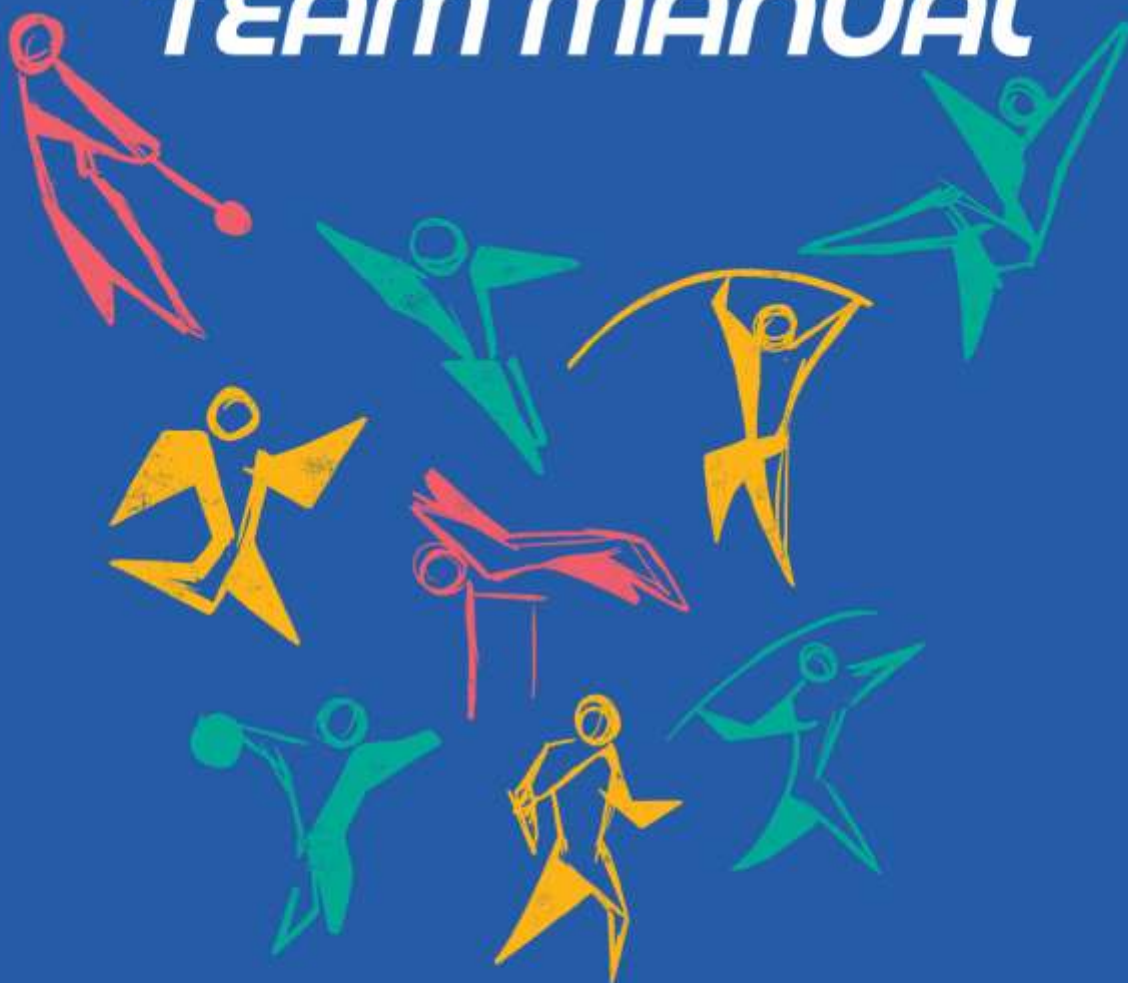




**BALKAN ATHLETICS
CHAMPIONSHIPS
VOLOS 2026**

TEAM MANUAL



PANTHESSALIKO STADIUM | JUNE 20-21 2026

General Stadium Information:

Panthessaliko Stadium

Built: 2002

Stadium capacity: 22,189



The Panthessaliko Stadium is located in Volos, specifically in the Nea Ionia area. It was built in 2002 to meet the needs of the football tournament of the 2004 Olympic Games. It has natural turf and a 400-meter track and has a capacity of 22,189 seats.

It has hosted the football Greek Cup final twice. The record attendance was recorded on August 17, 2004, with 21,597 tickets in the Greece - Mexico match played in the group stage of the Olympic Games football tournament. On the east side of the stadium lies a second stadium with a 400-meter track, mainly used as a warm-up area in major athletics competitions.

The Volos stadium has hosted the Greek Men's and Women's Championships twice (2023 and 2024), while on August 2-3, 2025, it will stage the national Championships for the third successive season. Other athletics competitions hosted in the Panthessaliko Stadium include the Greece vs Cyprus U18 meeting in August 2019, and the 2021 and 2022 Greek U18 Championships.

General City Information:

With its bustling waterfront promenade, neoclassical architecture, and proximity to scenic villages, Volos is not only a hub of cultural and academic activity—home to the University of Thessaly—but also a welcoming destination for sports and international events. Its modern stadium and excellent facilities make it an ideal host city for the 2026 Balkan Athletics Championships.





2026 BALKAN ATHLETICS CHAMPIONSHIPS

Organizational Structure

Balkan Athletics

President:	Slobodan Branković (SRB)
General Secretary:	Predrag Momirović (SRB)
Balkan Athletics Vice President:	Lambros Papakostas (GRE)
Balkan Athletics Council Member:	Cristina-Maria Man (ROU)
Balkan Athletics Council Member:	Georgi Pavlov (BUL)
Balkan Athletics Council Member:	Primož Feguš (SLO)

Hellenic Athletics Federation (S.E.G.A.S.)

President:	Sofia Sakorafa
Vice-President:	Dimitrios Chachamis
Vice-President:	Georgios Kalantzis
Vice-President:	Kostas Kenteris
General Secretary:	Georgios Giatroudakis
A' Deputy Secretary:	Kondylia Karatza
B' Deputy Secretary:	Evgenia Nikolettoupoulou
Treasurer:	Ioannis Lioumpas
Deputy Treasurer:	Ioannis Psomiadis
Curator:	Vasileios Karanassos

S.E.G.A.S. Council Members:

Lamprini Anastopoulou
Polyxeni Argeitaki
Athanasios Chaskis
Kyriaki Galani
Anastasia Kelesidou
Ioannis Mystakidis
Charalampos Papadias
Iakovos Petsoulas
Georgios Symeonidis
Konstantinos Triantafyllos
Vasilis Zikas



2026 BALKAN ATHLETICS CHAMPIONSHIPS

Local Organizing Committee (LOC)

Event Coordinators:	Maria Belibasaki Andreas Gkogkas
Competition Manager:	Andreas Gkogkas
Deputy Competition Manager:	Dimitris Chalvatzaras
Stadium Services:	Notis Papoulas George Oikonomidis
Administration:	Maria Kalantzi Korina Kotsolaki
Finance:	Dionisis Fountoulakis
Marketing:	Mara Koukoutsis
Promotion:	Municipality of Volos
Event Presentation:	Maria Kalantzi
TV & Media:	Vasilis Georgiotis Ioanna Pourliotopoulou Maria Liaska
Medical:	Ioannis Nakopoulos
Accommodation:	Eleftheria Petroulakis
Hotel Info Desks:	Elisavet Pesiridou Dionysis Michopoulos
Transport:	Fragiskos Sifnaios Argiro Strataki
Registration & Results:	Angelos Provatas Lia Lekka
Technical Information Center (TIC):	Corinna Kotsolaki
Call Room:	Aggelos Provatas Anna Themelidou
Technology:	Dimitris Chondrokoukis
Accreditation:	Fotini Kasidi
Protocol & Hospitality:	Kleopatra Papanikolaou Ioanna Evagelopoulou E.O.K.A.N.
Anti-Doping:	Manolis Dourvetakis
Security:	Mina Stavropoulou
Volunteers:	Giorgos Parisis
Social Events (sporting & cultural):	Stefania Markela Papakosta



2026 BALKAN ATHLETICS CHAMPIONSHIPS

Invited Member Federations

Albania, Armenia, Austria, Azerbaijan, Bosnia & Herzegovina, Bulgaria, Croatia, Cyprus, Georgia, Greece, Israel, Kosovo, Malta, Montenegro, North Macedonia, Republic of Moldova, Romania, San Marino, Serbia, Slovenia, Turkey, and Ukraine.

Arrivals

Arrivals by Air: The official airport is Thessaloniki Airport (SKG). The airport is approximately 2:30-3:00 hours away from the city of Volos (238km).

After collecting their luggage, team members will be welcomed by a representative of the LOC. They will board a bus marked with the name of their team, which will transport them to the assigned hotel in and around the Volos area.

Visa requirements: An Entry Visa is required for the delegations arriving from Armenia, Azerbaijan and Turkey.

Departures

Returning to the Airport: On the day of departures, the transfer of teams to the Airport will be arranged according to the flight schedules submitted in advance by the Team Leaders. Further information will be available at the Information Desks in the hotels.

Insurance

According to the Balkan Athletics Competition Regulations, the participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the Balkan Athletics event and during the event itself.

Please take the necessary steps to fulfil these requirements well in advance.

Local Transportation

The LOC will provide local transportation between hotels and the Panthessaliko Stadium. The accommodations are located approximately 25 to 40 minutes from the stadium, depending on traffic conditions. Shuttle buses will be provided to transport athletes between the hotel and the competition venue.

Detailed transportation schedules will be available at the information desks in the lobby of each team hotel.



2026 BALKAN ATHLETICS CHAMPIONSHIPS

Accommodation

Information Desks: An LOC Information Desk will be located in the lobby of each hotel with qualified personnel offering relevant information on all aspects of the Balkan Championships. The desks will be open June 19-21, 2026, from 10.00 to 20.30.

Payment Procedures: An invoice will be sent to each Member Federation detailing the amount they owe based on their final entries. Member Federations are kindly encouraged to make their payment by bank transfer to the account that is indicated on the final invoice.

Note: A copy of the bank transfer payment will need to be presented **BEFORE** arrival.

Team Meeting Rooms: Arrangements for team meeting rooms can be made at the LOC Information Desk. Requests should be submitted in advance and for a reasonable duration.

Extra Charges: The Team Leader will be requested by the hotel reception to provide a credit card for all extras. The Team Leader must settle phone bills and all other extra services and expenses at the hotel reception before departure. All payments must be made in EUR.

Rooming list: Detailed information about athletes and officials' rooming lists should be sent before arrival to internationalrelations@segas.gr.

Meals: All meals will be served buffet-style, with a wide selection of food options thoughtfully prepared to accommodate participants' dietary needs, religious practices, and cultural preferences.

Mealtimes will be as follows:

Specific mealtimes for breakfast, lunch, and dinner will be posted at the Hotel Information Desks.

A late serving provision will be made for those athletes retained at the stadium due to doping controls.

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

Accreditation cards will allow access to meals.



2026 BALKAN ATHLETICS CHAMPIONSHIPS

Accreditation

Each team member will receive an accreditation card, which must be worn at all times and remain clearly visible. Security personnel will monitor access to all areas. Accreditation is nontransferable and does not permit the holder to escort another person beyond checkpoints.

Accreditation Procedure

Accreditation cards will be prepared in advance of the event, based on the information provided by each Member Federation in the Final Entry Form. Once all financial obligations have been settled, accreditation cards will be provided to the Team Leader at the Information Desk.

Loss of an Accreditation Card

Any loss or damage of an accreditation card must be reported immediately to the TIC at the stadium. Duplicate cards will only be issued upon verification of identity.

Access Areas for Teams

All team accreditation cards will grant access to the team seating area, warm-up area, and stands.

Only athletes scheduled to compete will be allowed access to the call room and the infield.

Separate accreditation cards will be issued to Team Leaders for access to the TIC.

Coaches Zones

To allow communication between athletes and coaches during field events, seats have been reserved in the stands close to those events. Special passes for the concerned field event will be distributed during the accreditation procedure, upon signature of the Team Leader. There will be one pass per Team. The pass is only valid when accompanied by a team accreditation, this accreditation needs to be always visible.

Technical Information Center (TIC)

Location: Panthessaliko Stadium - main entrance

Operating hours:

- Friday, June 19 16:00 - 20:00
- Saturday, June 20 07:30 - 23:30
- Sunday, June 21 07:30 - 23:00



2026 BALKAN ATHLETICS CHAMPIONSHIPS

Final confirmations must be made at the TIC, or at the Information Desks at the accommodation hotels no later than 12:00 on Friday, June 19. Forms for the final declaration and confirmation will be sent to each Member Federation by e-mail. In case a team arrives later than this deadline, the final confirmation must be sent by e-mail.

The main function of the TIC is to ensure smooth communication between each Team Delegation, the LOC, and the Competition Administration regarding any technical matters.

The TIC will be connected to all information desks set up for the event and will be responsible for the following:

- Distributing technical information regarding the competition to each delegation
- Posting all relevant updates on the official information boards
- Placing information in team mailboxes, including daily schedules, event entry lists, results, and any official announcements from the LOC

Technical Meeting

The Technical Meeting will take place on June 19 at the Panthessaliko Stadium starting at 18.00.

All questions related to the Technical Meeting must be presented in writing, preferably in English, to the Hotel Information Desk on Friday, June 19, by 12:00 at the latest. The Technical Meeting will be conducted in English.

Note: Teams that, due to exceptional circumstances, are unable to attend the Technical Meeting may collect their competition package from the TIC after the meeting.

Team Leaders' WhatsApp Group

A WhatsApp group including all member federations' Team Leaders will be created on site in order to offer an additional platform to address generalized and immediate communication needs and to make important announcements. Major information of interest for all will be communicated to the teams by the TIC/Balkan Athletics via this group.

Balkan Athletics and LOC kindly asks the Team Leaders to use the WhatsApp group only for questions or concerns in the interest of all teams.

For questions and concerns relevant to individual teams only, the Team Leader is encouraged to use other means of communication with the LOC.

Competition Information

Competition Venue (Appendix 1 & Appendix 2)

The Panthessaliko Stadium has the following competition sites:

- 8 lanes 400m
- 2 High Jump sites
- 2 Pole Vault sites
- 4 sites for Long & Triple Jump
- 2 Shot Put Circles
- 1 Combined Discus/Hammer Circle
- 2 Javelin sites

The Warm up area has the following sites:

- 8 lanes 400m
- 2 High Jump sites
- 2 Pole Vault sites
- 4 sites for Long & Triple Jump
- 2 Shot Put Circles
- 1 Combined Discus/Hammer Circle
- 2 Javelin sites

The maximum spike lengths in the various events are:

- Track, Long Jump: 9mm
- High Jump and Javelin: 12mm

Note: The Hammer Throw event (Men & Women) will be held at the Warm-up Stadium

Official training at the Competition Venue

The competition venue will be available for training for all disciplines (except throws according to the following schedule:

Official Training / Friday, June 19, 2025		
Throwing Events		
16:30 - 17:30	Hammer Throw & Shot Put	Warm-up Stadium
17:30 - 18:30	Discus Throw & Shot Put	Warm-up Stadium
18:30 - 19:30	Javelin Throw & Shot Put	Warm-up Stadium
All Other Events		
17:30 - 19:30	Track events, Jump events	Main Stadium



2026 BALKAN ATHLETICS CHAMPIONSHIPS

Personal Implements

Personal Implements shall also be allowed, providing that they:

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

Personal implements will have to be submitted to the TIC two (2) hours before the scheduled event.

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

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

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

Markers

Athletes will not be permitted to use their own markers during the Championships. Those athletes wishing to use a marker will be required to use the markers provided by the LOC at the event site. The number of markers per athlete is limited to two, including the tape markers in the High Jump.

Relevant officials will also provide adhesive tape for the relay runners at the track.

Competition Procedure

Competition Timetable. Please refer to Appendix 3 for the competition timetable.



2026 BALKAN ATHLETICS CHAMPIONSHIPS

Bib Numbers

The LOC will provide the teams with bib numbers upon their arrival. Each competitor will receive 4 bibs. These must be pinned to the front and back of the competition clothing, to the back of the tracksuit, and to the bag. Exceptions are made for Jumping Events: these competitors are permitted to attach the bib only to the front or to the back of their competition clothing (plus their tracksuit and bag). Bibs must not be cut, folded or covered in any way and must be pinned at all four corners.

Leg numbers for track events will be issued in the Call Room.

Separate bib numbers will be provided for the relay events in the Call Room. These will replace the numbers placed on the front of the running kit.

Competition Clothing (including shoes)

Competitors must wear the Federation's official team clothing. World Athletics Technical Rule 5 will be strictly applied. Please make sure to follow the World Athletics Advertising Regulations. Clothing and items not conforming to this rule and the current World Athletics Advertising Regulations will be removed or taped at the call room.

This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits.

Call Room

All athletes will have to report to the Call Room located at the Indoor Warm-up Area.

Access to the Call Room will be allowed to athletes only, controlled by accreditation cards and according to the detailed Call Room Schedule.

Athletes who fail to report on time to the Call Room without a valid reason may be excluded from participating in this and all further events in the Championships, including the Relays.

Bottled still water and toilets will be available in the Call Room.

Call Room Schedule

Event	Last Call	Entrance to Field
Track Events	25 minutes	10 minutes
Hurdles	30 minutes	15 minutes
Pole Vault	75 minutes	60 minutes
Other Field Events	45 minutes	30 minutes
Relays	25 minutes	10 minutes

Call Room Procedure

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

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

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

Competition officials in the Call Room will confiscate all items that are not authorized. Athletes will receive a receipt for any such items. Upon presentation of this receipt, the athletes will be able to collect such items from the Kit Collection Area, at the end of the mixed zone, once their event has finished.

Specific Event Procedures**Track Events**

Athletes in track events will be asked to enter the infield already dressed in their competition clothing.

Tracksuits shall be placed in baskets at the Call Room, and these will be taken to the Kit Collection Area at the end of the mixed zone for collection after the race. Specific procedures in case of bad weather will be declared on site as necessary.



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Trials in Field Events

In the field events, the practice trials will be supervised by the judges and are to be conducted in the order of the start list for the events. Once the trial jumps/puts are finished, the participants will be asked to stand in the competition order for the presentation.

Post Competition Procedures

After the competition, athletes are to exit the competition area immediately through the mixed zone.

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

The clothing baskets will be brought to the Kit Collection Area located after the mixed zone.

Relay Declaration Forms

The composition of each relay team, as well as the order of running, shall be officially declared via TIC no later than the published First Call time for the respective heat. The applicable deadlines will be published as part of the detailed Call Room schedule.

Starter Commands

The starter commands will be given in English, as follows:

For distances up to and including 400m, and relay events: "On your marks" → "Set" → *Sound of the gun*

For distances of 800m and above: "On your marks" → *Sound of the gun*

Detailed Technical Information

- Timekeeping: Fully automatic timing system - TimeTronics Argus
- Field events measurements: Electronic device - Trimble S3 / Laika
- Results Management platform: Roster Athletics (www.rosterathletics.com)
- Successive heights for High Jump will be communicated at the Technical Meeting
- Triple Jump take-off boards: 11m for women and 13m for men



2026 BALKAN ATHLETICS CHAMPIONSHIPS

Medical Services

Medical services are responsible for providing medical assistance to any and all individuals in the competition venue during the competition and training hours.

Participating teams are responsible for ensuring their members are covered by their own insurance for any illness or injury that may occur while traveling to or from the competition.

In case of emergency, please dial 112 or 166 for immediate assistance. For all other situations, you can contact the Medical Care Staff in the Stadium. The stadium medical service is responsible for addressing any health issues concerning the athletes.

A paramedic crew will be present on the infield, under the supervision of a medical doctor (MD).

Ceremonies

Victory Ceremonies will take place on the track. All athletes that medaled are required to be present at the designated area prepared to participate in the medal ceremony and dressed in the appropriate team uniform.

Protests & Appeals

Protests will be processed in accordance with WA Rule 8.

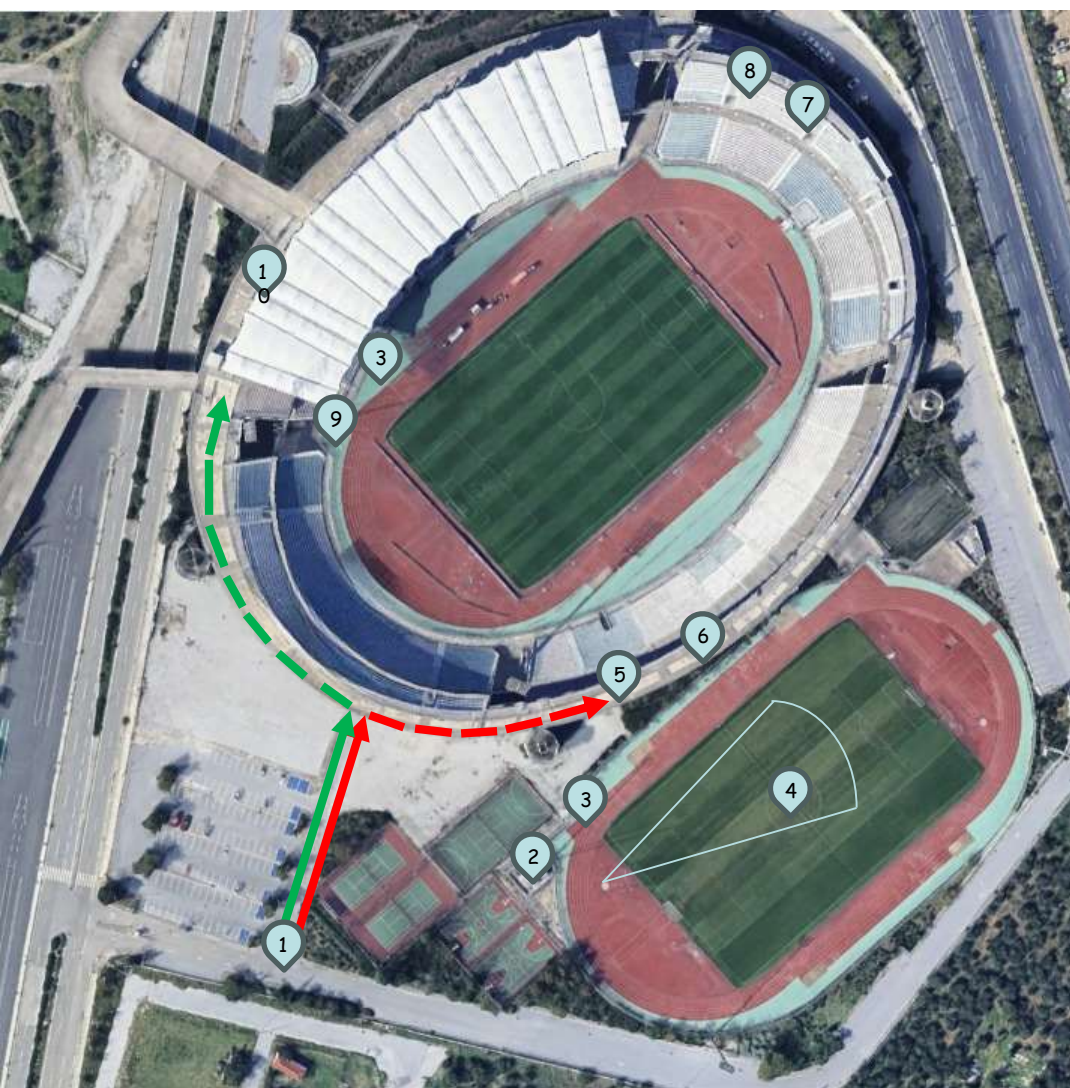
In the first instance, protests must be made orally to the relevant official judge by the athlete or by an official acting on their behalf (World Athletics Rule 8). Protests concerning the result or conduct of an event must be submitted within 30 minutes of the official announcement of the event's results (as posted on the TIC information board).

Any written appeal to the Jury of Appeal must be signed by a responsible team official on behalf of the athlete and submitted to the TIC within 30 minutes of the official notification of the Referee's decision.

Appeal fee: €80 (refundable if the appeal is upheld)

The Jury of Appeal will inform the TIC in writing of the decision taken following the appeal.

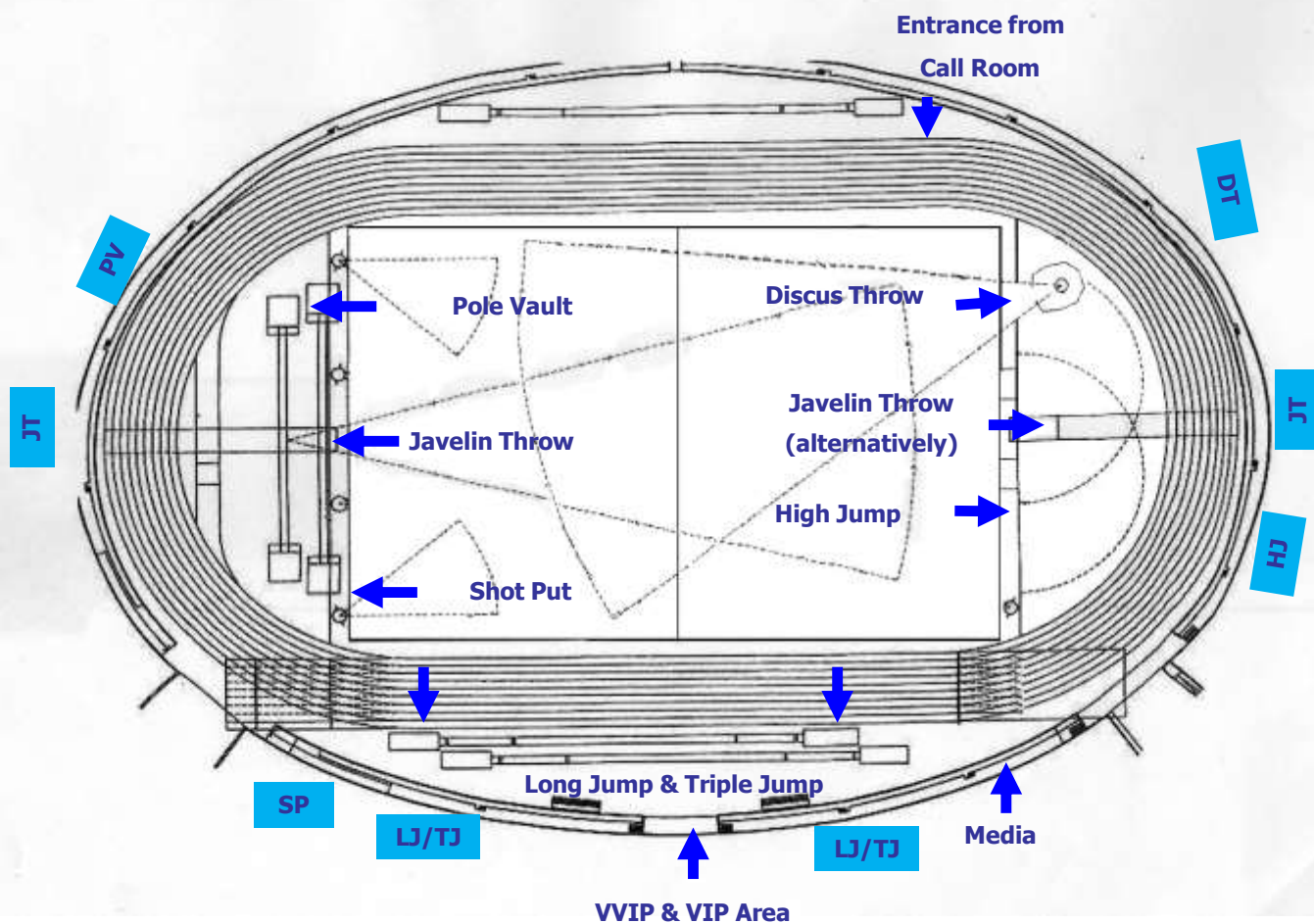
Appendix 1



- 1 Transportation Drop-off & Pick-up Point
 - To Stands
 - To Warmup Area
- 2 WC
- 3 Medical
- 4 Warmup Stadium & Hammer Throw Competition Site
- 5 Changing Rooms - Ice Bath - WC (ground level - under stands)
- 6 Call Room & Indoor Warmup Area (ground level - under stands)
- 7 Doping Control Station (ground level - under stands)
- 8 Weightlifting Room (ground level - under stands)
- 9 Mixed Zone
- 1 TIC (ground level - under stands)

Appendix 2

Infield Layout & Field Events Coaches Zone



78th Balkan Senior Athletics Championships

Competition Schedule

Saturday, June 20, 2026

Day 1, 20 June 2026		
Morning Session		
Start Time	Event	Gender
9:30	100m Decathlon (1)	Men
10:00	Long Jump Decathlon (2)	Men
10:45	Shot Put Decathlon (3)	Men
9:45	100m Hurdles Heptathlon (1)	Women
10:20	High Jump Heptathlon (2)	Women
10:15	100m SF	Men
10:35	100m SF	Women

Day 1, 20 June 2026		
Evening Session		
Start Time	Event	Gender
17:15	High Jump Decathlon (4)	Men
18:00	Hammer Throw *	Men
18:25	Shot Put Heptathlon (3)	Women
18:30	400m Hurdles	Men
18:35	Triple Jump	Women
18:50	400m Hurdles	Women
19:05	Discus Throw	Women
19:10	400m	Men
19:35	400m	Women
19:40	High Jump	Men
19:55	Shot Put	Men
20:00	200m Heptathlon (4)	Women
20:10	800m	Women
20:25	Pole Vault	Women
20:30	3.000m	Women
20:35	Long Jump	Men
20:50	400m Decathlon (5)	Men
20:55	Javelin Throw	Women
21:00	100m	Women
21:10	100m	Men
21:20	1500m	Men
21:30	3.000m S.C.	Women
21:50	5000m	Men
22:10	4 X 100m	Women
22:20	4 X 100m	Men
22:40	4 X 400m	Mixed
	*Warm-up Area	

78th Balkan Senior Athletics Championships

Competition Schedule

Sunday, June 21, 2026

Day 2, 21 June 2026		
Morning Session		
Start Time	Event	Gender
9:30	110m Hurdles Decathlon (6)	Men
10:15	Discus Throw Decathlon (7)	Men
11:30	Pole Vault Decathlon (8)	Men
9:35	Long Jump Heptathlon (5)	Women
11:15	Javelin Throw Heptathlon (6)	Women

Day 2, 21 June 2026		
Evening Session		
Start Time	Event	Gender
17:45	Javelin Throw Decathlon (9)	Men
18:00	Hammer Throw*	Women
18:35	110m Hurdles	Men
18:45	Long Jump	Women
18:55	100m Hurdles	Women
19:00	Discus Throw	Men
19:10	800m	Men
19:25	Pole Vault	Men
19:30	800m Heptathlon (7)	Women
19:35	High Jump	Women
19:40	1500m Decathlon (10)	Men
19:50	1500m	Women
19:55	Shot Put	Women
20:00	3.000m	Men
20:15	200m	Men
20:35	200m	Women
20:40	Triple Jump	Men
20:45	Javelin Throw	Men
21:00	3.000m S.C.	Men
21:15	5000m	Women
21:40	4 X 400m	Men
21:50	4 X 400m	Women

*Warm-up Area



TEAM MANUAL



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