



Technical Manual Cycling Mountain Bike



DISCLAIMER

All information in this guide was correct at the time of going to press. Changes to schedules, procedures, facilities, and services, along with any other essential updates, will be communicated to Teams by Competition Management if required. Changes to the Competition Schedule will also appear on the Games-Time Website, while any changes to the Training Schedule will be communicated by the Sports Information Centre in the Athletes Village or Sports Information Desk at the Competition Venue.



Welcome

The 3rd European Games Krakow-Małopolska 2023 will welcome more than 7,000 athletes, 3,000 supporting Team Officials, and about 1,200 Technical Officials from across Europe to participate in elite-level sports competitions.

We aim to provide all participants with optimal conditions so that they are able to perform at their best.

This Technical Manual will help with preparations and Games-time operations as it provides key information including the relevant competition rules and format, medal events, competition schedule, and key dates.

The Technical Manual also includes details of the relevant venue, medical, anti-doping, training, and competition-related services, as well as the key policies and procedures that will be in place during the Games.

We hope that this Manual helps with your planning in the weeks remaining before the European Games 2023. Hard copies of this Technical Manual will be provided upon arrival in Poland. We look forward to welcoming you to European Games Krakow-Małopolska 2023 for 12 days of competition that put sport first and sets a tradition for the European Games.



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1. General Information

Cycling Mountain Bike Competition at the 3rd Europeans Games 2023 will be held on 25 June 2023 in Hill Park in Krynica-Zdroj.

Around 150 Athletes, 90 men, and 60 women can take part in the Cycling Mountain Bike Competition. 2023 for 12 days of competition that put sport first and sets a tradition for the European Games.

1.1.Key dates

Date	Event
2 June 2023	Sports Entries submission deadline
18 June 2023	Athletes' Village official opening
21 June 2023	EG2023 Opening Ceremony
22 June 2023	Arrival day
23 June 2023	Start of Official Training
24 June 2023	Technical Meeting
25 June 2023	Start of the Competition
25 June 2023	End of the Competition
26-27 July 2023	Departure day
2 July 2023	EG2023 Closing Ceremony
4 July 2023	Athletes' Village official closing

1.2. Competition Management

Position	Name
Cycling Mountain Bike Competition Manager	Sebastian ŻABIŃSKI
Cycling Mountain Bike Venue Manager	Agnieszka ZAUCHA
Cycling Mountain Bike Specialist	Tomasz CICHY

1.3. European Cycling Union (UEC)

Position	Name	NOC Code
President	Enrico Della CASA	ITA
Secretary General	Alasdair Mac LENNAN	GBR
Technical Delegate	Henrik Hakala DAHLE	NOR
UEC Course Consultant	Paolo Emiliano Pesse	ITA

1.4. International Technical Officials (ITOs)

The total number of ITOs is 3.

Position	Name	NOC Code
PCP	Savvas Anastasiou	CYP
Assistant PCP	Diego Tosti	ITA
Secretary	Ulf Luik	GER

1.5. National Technical Officials (NTOs)

The total number of NTOs is 6.

Position	Name
Commissaire	Sobura Dawid
Commissaire	Dymek Krzysztof
Commissaire	Kunc Agnieszka
Commissaire	Rusiecki Piotr
Commissaire	Gibek Agata
Commissaire	Grzegorz Duda

1.6. Medal Events

Individual Events (2)

Men's Events (1)

Women's Events (1)

1.7. Competition Format

MTB XCO - Cross Country Olympic.

Final races with group start in Cross-Country Olympic - XCO, divided two races: one for Women and one for Men, with a sufficient gap between the two starts.

1.8. Competition Rules

For all other provisions and rules not included in this document, the competition will be conducted in accordance with the Regulations of the Union Cycliste Internationale (UCI) available at:

https://assets.ctfassets.net/761l7gh5x5an/6qYIYlddcAPjN248n7tVDI/89a7e092c1b99d839a738027c8eec63d/UCI_MTB_Rules_-_Part_IV_-_ENG.pdf?fbclid=IwAR35zHRcnf4b-Tx35TqTzboXyOraPdZMLmC-DQ4xrwVSCH7V-i6uKWGHvP8

Protests and Appeals

All protests and appeals evaluations will follow the Regulations of the UCI available at:

https://assets.ctfassets.net/761l7gh5x5an/6qYIYlddcAPjN248n7tVDI/89a7e092c1b99d839a738027c8eec63d/UCI_MTB_Rules_-_Part_IV_-_ENG.pdf?fbclid=IwAR35zHRcnf4b-Tx35TqTzboXyOraPdZMLmC-DQ4xrwVSCH7V-i6uKWGHvP8

1.9. Clothing and equipment

○ Competition Uniforms

Subject to compliance with applicable IF/EF rules and the decision as to what clothing their athletes should wear for competitions during the Krakow & Małopolska 2023 European Games is left to the discretion of the participating NOCs. No other restrictions exist.

The aim of the above provision is to allow teams to use competition clothing that is already available (e.g., world cup uniforms), both for the sake of sustainability and the cost.

○ Out of Competition Clothing

Subject to compliance with the applicable EOC rules and regulations, NOCs have the sole and exclusive authority to prescribe the out of competition clothing worn by the members of their delegation. Two (2) manufacturer's identifications and one (1) NOC sponsor logo of no more than 30 cm² each can be displayed on each piece of out of competition clothing.

No alcohol or tobacco product producers' logos, no betting companies' logos will be allowed.

No sponsors' logos can be displayed on the uniforms worn by the members of the delegations during Opening and Closing Ceremonies, as well as during Medal Ceremonies

○ Athletes BIB numbers

Each Athlete will be assigned a unique BIB Number.

Athletes' BIB numbers should be placed on the handlebars of the bicycle and the other number on the Athletes' clothing on the back.

BIB numbers of the participants must be visible at all times. It's not allowed to cut off the number plate or wrap it around.

1.10. Late Athlete Replacement Policy (LAR)

Starting on 3 June 2023, 00:00 CEST, the Late Athlete Replacement Policy becomes active and will be strictly enforced. NOCs should note that replacement Athletes should have been included in the accreditation long list by 5 May 2023.

The LAR policy is only applicable to those sports/disciplines in which the quota place has been allocated to the NOC.

Two procedures* are available for NOCs to replace confirmed Athletes after the Sports Entries deadline:


- Medical or injury-related LAR – to replace an athlete if he/she is injured after 2 June 2023. The deadline for submission of medical or injury-related LAR is two hours before the technical meeting or weight draw as appropriate in the related discipline;
- Non-medical LAR – each NOC is given a quota for the replacement of Athletes for other reasons. The deadline to submit non-medical LAR is 24 hours before the Technical Meeting as appropriate in the related discipline.

NUMBER OF ATHLETES IN NOC DELEGATION	QUOTA FOR NON-MEDICAL LAR
1-10	1
11-20	2
21-50	5
51-100	10
101-150	15
151+	20

*The LAR form and detailed procedure and approval process will be communicated to all NOCs by 16 May 2023.

1.11. Doping Control

During the EG2023, an extensive Anti-Doping Control Program will be implemented. In total, 1,200 urine and blood samples are going to be collected, which means that statistically around 17% of Athletes present at the Games will be subjected to doping control. Tests will be carried out in competition and out of



competition. The Anti-Doping Program will be managed under the auspices of the International Testing Agency (ITA). Analyses of samples collected during the Games will be carried out in a laboratory accredited by the World Anti-Doping Agency (WADA). In order to ensure high quality, the work of anti-doping controllers will be evaluated by an international team of independent observers appointed by the World Anti-Doping Agency.

If any Athlete is chosen for Doping Control, he/she will be escorted through the Broadcast Mixed Zone by a Doping Control Officer or Doping Control Chaperone and will then be chaperoned to the Doping Control Station.

Where the Athlete already has a TUE granted by their National Anti-Doping Organisation or International Federation for the substance or method in question and provided that such TUE has been reported in accordance with Article 5.5 of the International Standard for Therapeutic Use Exemptions, EOC will automatically recognise it for purposes of the EG2023 without the need to review the relevant clinical information.

In cases of emergency related to the need to use medicine that contains prohibited substances or methods considered prohibited for medical purposes during the EG2023, please contact the ITA with a request for further instructions. The ITA is the organisation that, on behalf of the EOC, is responsible for the review of TUEs during the EG2023.

EOC Anti-Doping Rules are applicable to all athletes competing at the EG2023. All NOCs, Athletes, Athlete Support Personnel, and Medical Personnel should be familiar with the EOC Anti-Doping Rules as they cover the applicable procedures for Therapeutic Use Exemptions (TUEs) and athlete whereabouts. The EOC Anti-Doping Rules are available at: <https://www.eurolympic.org/wp-content/uploads/2019/01/2021-EOC-Anti-Doping-Rules.pdf>.

Doping control rules and program

During the EG2023, the World Anti-Doping Code in the amended version, which entered into force on 1 January 2021, and relevant international standards apply. The organizer of the event does not introduce any modifications in this regard.

1.12. Sports Information

Sports Information Center (SIC) is located in the Athletes' Village and will provide a variety of services for the NOCs as follows:

- the dissemination of General Sports Information;
- the distribution of start lists, draw lists, and results;
- Training Schedule Information for open and pre-allocated training;
- sign up for bookable Training sessions;
- sport-specific requirements (e.g., forms submitted for several sports in relation to uniform checks or music submission);
- assistance regarding authorised identifications;
- application for training access passes (TAP);
- schedules of shuttle-bus transfer.

The operating hours are as follows:

Period	Operation Hours
Pre-Opening: from 15 to 17 June 2023	06:00 – 22:00
Official Opening Period: from 18 June to 2 July 2023	06:00 – 22:00

Sports Information Desk (SID) will be available at each Competition Venue while the venue is open and will provide a variety of services for the NOCs as follows:

the dissemination of General Sports Information;

- the distribution of Start Lists, draw lists, and results
- Training Schedule information for open and pre-allocated training;
- sign up for bookable Training sessions;
- sport-specific requirements (e.g., forms submitted for several sports in relation to uniform checks or music submission, registration of filming devices);
- Lost and Found (at Competition Venues only).

1.13. Competition Schedule

During the Games, there may be delays, postponements, or cancellations of the Competition. Should this occur, NOCs will be informed of the revised competition schedule through SIC in AVL and SID at the Competition Venue.

Changes will also appear on the Games-time website.

For detailed information, please see Appendix 1.

1.14. Weather Information

At the turn of July and June the highest average temperatures of the year and the most sunlight hours during the day. The city in the south of Poland sees an average daily temperature of 19°C (around 65°F). The highs for the month reach all the way to 25°C (about 77°F) and the lows drop down to 12°C (about 54°F).

There are rainfalls an average of 69 mm over 17 days. Precipitation on a day is 50 percent.


A cloudy day is 33 percent, and a windy day is also 33 percent. There's also a 50/50 fog.

For sports that are directly impacted by weather conditions information will be available at SIC in AVL and SID at the Venue. This will include a forecast for the current day as well as a summary forecast for up to three days in advance. The weather forecast will be regional and will be updated throughout the day as required.

2. Competition Venue Information

2.1. Key information

The Cycling Mountain Bike competition will be held on the slope of Krynica-Zdroj Hill Park in Krynica-Zdroj. Krynica-Zdroj is a city in Poland located in the Lesser



Poland Province. Currently, it is a large spa and sanatorium treatment center, and also a ski resort.

Distance 2 km from the hotel, travel time 7 minutes by bike from the hotel.

The venue capacity is about 10000 spectators with the tribune for 1000 spectators seats.

Adress: Zrodlna Street, 33-380 Krynica-Zdroj, Poland, GPS: 49.408974, 20.962245

2.2.Venue Access

During the event, competitors depending on their discipline will be provided with shuttle buses or dedicated cars. The K&MEGOC will provide a regular shuttle service between Athletes' Villages, Main Accreditation Centre, Media and Volunteers Centre, Competition Venues / Training Venues, Official Hotels, airports, and train stations as well. The shuttle service will run every 30-45 minutes and during rush hours every 15-20 minutes. The shuttle service will start operating two days before the first game starts and will end one day after the last game ends at each Sports Venue. On an operating day the shuttle service will start running two hours before the first activities at the Venue (K&MEGOC will provide an individual transfer service for earlier hours if requested) and the last shuttle vehicle will leave 90 minutes after the last game.

K&MEGOC will provide a shuttle service between Krakow and other locations 2-3 times a day, except the route Krakow - Tarnow, where the vehicles will operate more often.

2.3. Field of Play (FoP)

The Competition Site is located 605 meters above sea level, length of around 4200 metres and an altitude of around 173 metres.

Distance from the Athletes' Area to the Start / Finish Area 3 minutes by walking or 1 minute by bike.

GPS: 49.408974, 20.962245



2.4. Venue Services and Facilities

○ **Athletes' Changing Rooms**

Each of the national teams will have a place in tent, for social and technical purposes, located in the Athletes' Area. Place will be arranged according to numbers of Athletes' in NOC.

○ **Athletes' Refreshments Area**

Access to snacks and beverages will be provided to Athletes in the Athletes' Refreshments Areas at the Competition Venues. Snacks and beverages at the Sports Venues will be available on both Competition Days and Official Training Days. All snack stations will be designed for self-service, but the catering staff will be responsible for replenishing them.

Snacks will be available at official sports facilities:

- on Competition Days: 1h before the start of the first game to 30 mins after the end of the last game
- on official Training Days: 30 mins before the start of the first training up to 30 mins after the end of the last training of the day.
- The following refreshments will generally be provided for Athletes and Team Officials at Competition Venues and Athletes' Lounges:
- Still water in 0.5l bottles at room temperature and chilled;
- Hot beverages-coffee and tea;
- Whole fruits -primarily bananas, but also apples, pears, and oranges;
- 100% apple and orange juice;
- Fruit and natural yogurts, also a vegan option;
- Granola bars;
- Isotonic drinks in bottles of 0.5l or 0.75l.



- **Call Room Area**

Call Room Area is located in four boxes 50 meters before the Start Gate on the south side of the track end one box near the Start Gate.

- **Equipment Distribution**

The tent will be located near the Start Zone. The start of issuing transponders will be 2 hours before the start of the category. Finish 1 hour before the start.

- **Bike Cleaning Station**

Will be located next to the Athletes' Area and will be available every day from the Official Training to the end of the competition.

- **Equipment Storage**

There will be provided a secured storage room for bicycles close to athletes village. There will be also a place prepared for ad hoc equipment service.

(GPS 49.415406, 20.957150 Al. Nowotarskiego 9/5)

- **Broadcast Mixed Zone and I-Zone**

All Competition Venues will include the Mixed Zone split between the Rights Holding TV Channels (Flash Zone), radio reporters, news agencies, press, and Games News Service. There will be also Interview Zone provided for all the non-right TV and radio crews.

- **Doping Control Station**

At each Competition Venue, there will be an anti-doping control station, which meets criteria established by ITA and WADA. Doping control stations consist of waiting rooms, processing rooms, and toilets where the samples will be collected. The station's premises should be clean and provide comfort and privacy to the Athletes and Doping Control Personnel. At doping control stations, competitors will have access to sealed drinks in the form of bottled still water.



o **Lost and Found**

All reports of lost items at the Venue should be directed to SID. This is also the location where all found, at the Athletes Area or Field of Play items should be delivered. Items will be kept at the Venue until the end of the competition, at which point they will be transferred to SIC in AVL.

o **Medical Services**

Medical services will be provided at Competition Venues, Training Sites, and Non-Competition Venues.

The following medical services will be provided at the Venue:

- Ambulances with a doctor or paramedic equipped with Advance Life Support Equipment;
- Pedestrian Parts with a Paramedic, Basic Life Support Equipment;
- Medical Aid Points with a doctor or system nurse or paramedic;
- Advance Life Support Equipment.

o **Venue Evacuation and Emergency procedures**

In the unlikely event of a venue evacuation, a public announcement message will be broadcast within the venue that will provide directions.

On hearing the evacuation message, athlete groups onsite should follow the directions of the K&MEGOC workforce and leave the venue via indicated routes, and report to the designated evacuation assembly points. Details on the locations of the assembly points for each venue will be provided.

o Car Parking

In the area of the Team Parking in the FoP area, parking is possible only in designated places and for vehicles not longer than 5.5 m - provided that the roadway is not narrowed.

3. Team Leaders Information

3.1. Pre-competition Procedures

Numbers pick-up / Confirmation center

Team Leaders will be provided with the BIB numbers for their team in Hotel Krynica (GPS: 49.425185, 20.9500541,17) – conference room “C”

Date: 22 June 2023 , Time: 13:00 – ~~21:00~~ –

Date: 23 June 2023 , Time: 10:00 – 14:00

Date: 24 June 2023 , Time: 09:30 – 11:30 – final confirmation

Team Leaders' Meeting

Date: 24 June 2023

Time: 18:00

Location: Hotel Krynica (GPS: 49.425185, 20.9500541,17) – conference room “B/C”

The attendance of the Team Leader's Meeting is limited to two members per NOC (the Team Leader and Head Coach are advised to attend).

UEC General Secretary, Technical Delegate, Technical Officials, Cycling Mountain Bike Competition Manager and Venue Manager will preside over the meeting.

3.2. Competition Procedures


Warm-up

The Warm-Up Area is located in two tents 50 meters before the Start Gate on the south side of the track. The Warm-Up Area will be available to the Athletes before they are called to compete and will be open one hour before the start and closed 15 minutes before the start.

NOC Filming Policy

NOC filming is permitted in the Athletes' Stands for the Team Leaders and Athletes who have access to this area. The Team Leaders and Athletes may film the Athlete's performance by using non-professional cameras (including tablets) only.

Extra attention should be paid to the height and position of tripods to ensure the viewing of spectators and broadcasting cameras. The Team Leaders and Athletes are requested to follow instructions from EG2023 Staff and Home Broadcasters when required.



The Teams may also film the training sessions by using non-professional cameras from the Athletes Stands.

3.3. Post-Competition Procedures

Doping Control

Athletes selected for doping control will be notified in person and escorted to the Doping Control Station by a Doping Control Chaperone as soon as possible after the former have finished competing. It is the responsibility of the Athlete to remain under continuous observation of the Doping Control Chaperone after notification. The notified Athlete may invite a team representative or Team Doctor to the Doping Control Station along with them.

During doping control, competitors will be instructed by the doping control officer about the procedure and rights and obligations related to the control. All tests should be carried out without advanced notice, the Athlete should be the first person to be informed about the selection for doping control. During doping control, athletes should report what medicines they have used in the last 7 days and should submit their comments on the testing process.


Broadcast Mixed Zone and Flash-Zone

All the Athletes must exit FoP via the Mixed Zone.

After the competition or Medal Ceremony, all the Athletes will be guided through the Mixed Zone as they leave FoP, but they are not obliged to speak. Volunteers will take care of the interview time in each section of the Mixed Zone. Team Coaches who are normally positioned on FoP may also be asked to pass through the Mixed Zone for interview possibilities.

After passing through the Mixed Zone, Athletes will be free to return to the Changing Room or go to Medical/Doping procedures unless they are requested for interviews in the Interview Zone (outside the Mixed Zone) or press conference.

Journalists wanting to interview someone would make a request to Press Operations Volunteers who will escort the athlete. By default, all three medalists and all Polish Athletes will be accompanied by Volunteers for interviews. Press Attaches, DCOs, and LANS Team members will be able to escort Athletes into the



Mixed Zone if needed. Once in the Mixed Zone, the Athlete would be interviewed by the member of the press who requested the interview.

There will be a time limit for the interviews that will be clearly explained by the volunteer before the start of the interview. The volunteer has the right to interrupt the interview if it significantly exceeds the time. There will be no guarantee that it would be exclusive, meaning one (1) or two (2) journalists might want to interview the same Athlete.

The Mixed Zone will be managed by Press Operations Volunteers to help facilitate introductions or questions and ensure the Interview Zone remains an informal area and that no media 'scrum' is created.

All the medalists will be asked to attend a short press conference after the Medal Ceremony and pass through the Mixed Zone. Volunteers or Press Operations representatives will make their way to the official transport which will take them to City or Main Press Centre. After the press conference, Athletes will not come back to the FoP.

Result Distribution

Competition-related information for all sports, including results reports, will be available on the Games-time website www.european-games.org


Delivery of printed results information is available only at Competition Venues and to time-critical services. Selected reports will be available for collection from SID at the Venue and SIC in AVL.

After the completion of all competitions, all results will be compiled in PDF files and will be available for downloading from the www.european-games.org

Medal Ceremonies

All Medal Ceremonies at the 3rd European Games 2023 will occur on or next to FoP. Before each Medal Ceremony, all the medalists are gathered in the waiting area accompanied by Volunteers (people responsible for each kind of sport assigned by Competition Managers).

Medal Ceremony Staff will be on hand to advise and guide all Athletes before, during, and after their Medal Ceremony. As a rule. Medal Ceremony is held right after the sports session is finished.



All announcements for the Medal Ceremony will be made in two languages – English and Polish.

It is not allowed to ascend the podium wearing hats, sunglasses, carrying national flags, or any other symbols or memorabilia apart from the Games' mascots. Signs, mobile phones, cameras, electronic devices, bottles, items of sports equipment, and items with political statements are prohibited on the podium. If any Athlete is in possession of any of these items, the latter is handed to the Medal Ceremonies Manager for the duration of the Ceremony. During the Ceremony, no commercial, political, religious, or racial propaganda or demonstration is permitted. Any action of this kind entails penalties foreseen by the EOC.

No one, but the winners can be awarded medals or allowed to ascend the podium.

Athletes will be required to wear their NOC official uniform throughout the Medal Ceremony.

It is the responsibility of each Athlete/Coach to ensure that the Athlete has their full tracksuit with them and that it is ready to be worn at the Venue in time for the start of the Medal Ceremony.

Failure to adhere to this rule may result in the delay or postponement of the Medal Ceremony.

During the Medal Ceremony, in addition to the medals, K&MEGOC plans to present the winning Athletes with official mascots of the 3rd European Games 2023.

Athletes ranked :


- first,
- second,
- and third

respectively (as well as those sharing the places, if it is outlined by the competition rules) take their places behind the podium.

The rewarding the prize-winners goes as follows:

The ceremony begins with the medal(-s) and the mascot(-s) awarded to the Athlete (team) ranked third.

The national anthem of the gold medalist is played, the national flags of the prize-winners will appear electronically on the led display. While the anthem is played



over, the medalists remain on the podium **facing the led display with the electronic Flags view.**

Diplomas for the Athletes ranked from 1st to 3rd will be distributed in the AVL NOC Services Centre.

4. Training Information

4.1.Key Information

All Official Training will take place at the Competition Venue. It is open and doesn't need to be pre-booked.

GPS: 49.408974, 20.962245

4.2. Training Information and Regulation

Each NOC will receive two handlebar plate with "TEAM" inscription for Team Coaches. During official training on the competition course, they must be placed on the handlebars of the trainer's bike. It is completely forbidden to use them by competitors registered for the race.


Training Sessions are always open to media. NOCs or the UEC cannot request the closure of training. A dedicated zone or press tribunes can be used for viewing. Photographers are allowed to be present near the media line inside the Training Area.

Training access:

Training access NOC accreditation categories Aa, Ao, ATO will have access to the training sites for their assigned sports, in line with venue access distribution. Limited numbers of training access passes (TAP) will be available.

Process of applying TAP

- **Step 1:** NOC applies for a TAP through the K&MEGOC's guest pass system

- 
- **Step 2:** on arrival guest/visitor presents at the venue an EGIAC and/or official document valid for the TAP process (e.g., passport or official travel document for foreigners, etc.), if not accredited, to establish identity.
 - **Step 3:** K&MEGOC distributes TAP to guest/visitor
 - **Step 4:** Guest/visitor is not required to return the TAP to the venue when leaving the venue.

4.3. Venue Facilities

Changing rooms

There will be arranged place for each NOC in Athletes' Area with tents according to number of entered athletes for start.

Medical Services

Full Medical Services will be provided during Official Training Sessions.

Appendix 1. Event Competition Schedule

Date	Time	Type
Thursday, 22 June 2023		Arrival of Teams
	13:00-21:00	Riders' Registration
Friday, 23 June 2023		Training Day
	10:00-14:00	Riders' Registration
	10:30-12:30	Women's Training Session
	12:30-14:30	Men's Training Session
	16:00-17:30	Men's / Women's Training Session
Saturday, 24 June 2023		Training Day
	09:30-11:30	Final Confirmation
	10:30-12:00	Women's Training Session
	12:00-13:00	Women's / Men's Training Session
	13:00-14:30	Men's Training Session
	18:00-18:30	Team Managers Meeting

Sunday, 25 June 2023	Competition Day 1
	09:30-10:30 Men's / Women's Training Session
	11:30-13:15 Women's Final
	13:20 Medal Ceremony
	14:15-16:00 Men's Final
	16:05 Medal Ceremony
Monday, 26 June 2023	Departure Day
Tuesday, 27 June 2023	Departure Day



Appendix 2. Training Schedule

23 June 2023	10:30-12:30	Training sessions Women
	12:30-14:30	Training sessions Men
	16:00-17:30	Training Session M/W
24 June 2023	10:30-12:00	Training sessions Women
	12:00-13:00	Training sessions W/M
	13:00-14:30	Training Session Men



Appendix.3. Venue Maps





KRAKÓW MAŁOPOLSKA
EG2023
3rd EUROPEAN GAMES

Organising Committee