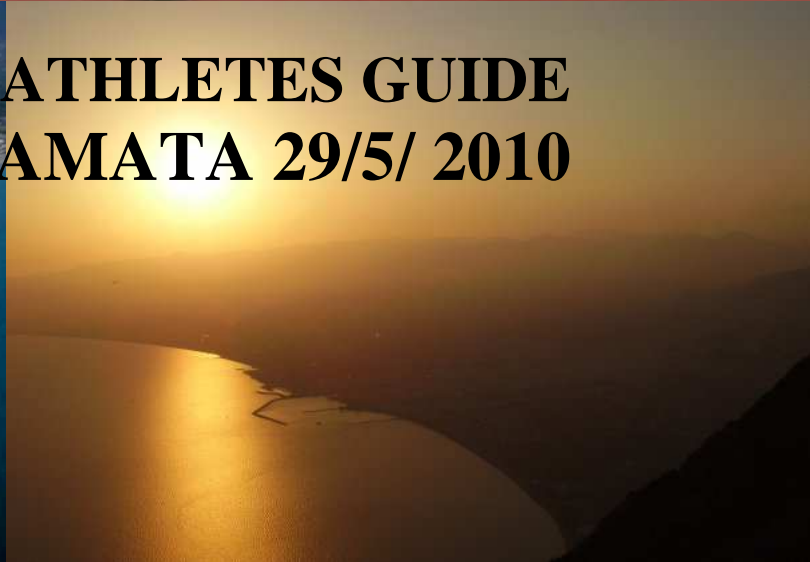




# INTERNATIONAL MEETING OF ATHLETICS



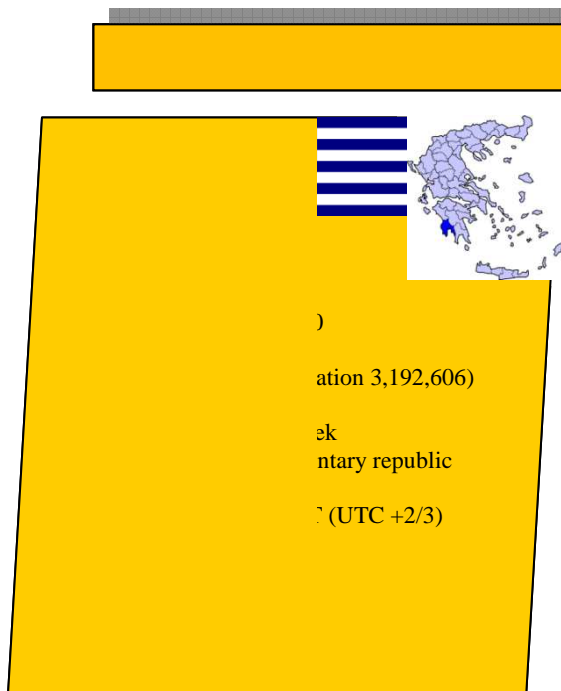
# PAPAFLESSIA



**ATHLETES GUIDE  
KALAMATA 29/5/ 2010**

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**1.2 Kalamata**

Messinia, a Greek region, is situated in the southernmost place of the European continent. Kalamata, the capital of Messinia, is located on the core of Messiniakos gulf, providing an unusual combination of mountain and sea. Greek Government census of March 2001, determined that the population of Kalamata was 57,620 inhabitants. Population's density is characterized as remarkable, as there are 228 citizens per square kilometer. The city of Kalamata occupies a strategic position affording an international airport, and being a link for high demanded tourism destinations. These destinations include islands (i.e. Crete), archaeological places (i.e. ancient Messini, Castle of Methoni), and landscapes/ physical beauties (i.e. Taygetos mountain, Diros Cave). Consequently, Kalamata consists one of the most popular areas to visit in North Greece, enjoying the effects of various types of tourism (domestic, international, religion and sport tourism).

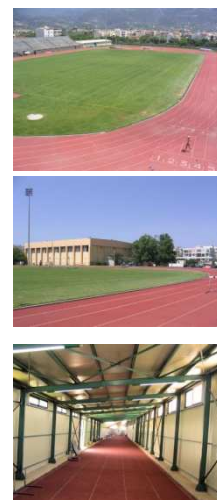


**1.3 Kalamata: Useful Information**

<b>Area</b>	253.2/km <sup>2</sup>
<b>Population</b>	57,620
<b>Periphery</b>	Peloponnese
<b>Prefecture</b>	Messinia
<b>Postal Codes</b>	24100
<b>Area tel. Codes</b>	27210
<b>Weather on June (means):</b>	Temperature 24.1 °C Humidity (%): 58.6 Rainfall: 1.9 (rainfall days), 7.5 (amount of rainfall/ mm) Wind: SW (average wind direction), 5.6 (strength/ KNOTS)
<b>Water</b>	Safe for drinking
<b>Electricity</b>	230 V AC (50Hz)
<b>Opening hours</b>	Shops: 08:30-14:00 (Mon-Wed-Sat), 08:30-13.30 and 18:00-21:00 (Tue-Thu-Fri) Banks: 07:45-14:00 (Monday to Friday) Post Offices: 07:30-19:00 (Monday to Friday)
<b>Emergency numbers</b>	Police: 100 First Aid Station: 166 Fire Brigade: 199 Tourist Police (Greek National Tourism Organization): 171

**1.4 Municipal Stadium of Kalamata**

The Municipal Stadium of Kalamata was built on 1976. Its capacity is estimated to be about 5.400 sited spectators. Kalamata's stadium includes various facilities like a competition venue, warm up areas and supporting services within it. Consequently, the Municipal Stadium of Kalamata has been selected as a training camp from many top athletes of athletics over the the world. The up-gradated facilities, the sport equipment, the natural beauties, the weather conditions, the service quality provision from the staff and the experienced personnel consist an ideal package in terms of sport camps' quality standards. The venue has hosted the International Meeting of Athletics Papaflessia since 1984. It has also hosted the National Championship of Decathlon in 1991, numerous Greek Club Championships of Athletics, as well as many School Athletics Championships. The Municipal Stadium of Kalamata consists the home of local football clubs. It has also selected as an ideal place for the realization of music concerts. The stadium also works as a training site of athletics department of Messiniakos AC. Many children, members of Messiniakos Athletics Academy, use the appropriate sport facilities in terms of their specific training program. The stadium is also used by the citizens of Kalamata satisfying in that way their needs for sporting exercise



## 2. ORGANISATIONAL STRUCTURE

### 2.1 EAA Council

President	Hansjörg Wirz
1 <sup>st</sup> Vice President	José Luis De Carlos
2 <sup>nd</sup> Vice President	Svein Arne Hansen
Treasurer	Karel Pilny
Director General	Christian Milz
Council Members	Janez Aljancic Francesco Arese Sylvia Barlag Jonathan Edwards Frank Hensel Dobromir Karamarinov Philippe Lamblin Toralf Nilsson Ludmila Olijar Antti Pihlakoski Jorge Salcedo Salih Münir Yaras Vadim Zelichenok
Ex Officio Member	Lamine Diack

### 2.2 European Athletics Office

European Athletic Association  
Avenue Louis-Ruchonnet 18  
CH-1003 Lausanne  
Switzerland  
Tel: (41 21) 313 43 50  
Fax: (41 21) 313 43 51  
E-mail: [office@european-athletics.org](mailto:office@european-athletics.org)  
Website: <http://www.european-athletics.org>



### 2.3 Honorary Committee

Panos Bitsaxis	General Secretary of Sports
Vassilios Sevastis	President of S.E.G.A.S.
Dimitrios Drakos	Prefect of Messinia
Panagiotis Nikas	Mayor of Kalamata
Dionisios Alevras	Municipal Councilor of Kalamata
Vassilios Kosmopoulos	Municipal Councilor of Kalamata
Dinos Tseronis	Municipal Councilor of Kalamata
Georgios Skaleos	Mayor of Thouria
Periklis Psonis	Mayor of Papaflessas
Georgios Ntavoutian	President of Messiniakos A.C.

### 2.4 Organizing Committee

Ioannis Iliopoulos	President of the Sports Organization of the Municipality of Kalamata.
Panagiotis Tsimogiannis	President of O.P.A.N.A.M.
Dimitrios Bakas	Municipal Councilor of Kalamata
Panagiotis Stasinopoulos	General Secretary of Messiniakos A.C.
Stavroula Kouvatsoy-Galani	Full Member of Sports Organization of the Municipality of Kalamata
Xenia Georgara	Employee of Sports Organization of the Municipality of Kalamata
Spiros Psychogios	Employee of the Municipality of Kalamata
Aristides Triantafullopoulos	Teacher of Sport Science and Physical Education
Evaggelia Dollou	Teacher of Sport Science and Physical Education
Eleni Hantzi	Teacher of Sport Science and Physical Education
Babis Vakalopoulos	In charge of Athletes
Giannis Kalyviotis	Technical Meeting Director
Dimitrios Pouloupoulos	Meeting Director

#### Papaflessia Organizing Committee Headquarters

Ierolihiton 10  
Kalamata 24100  
Greece  
T +30 27210 86845  
F +30 27210 86845  
Mob +30 6974 711 317  
Website: <http://www.papaflessia.gr>  
Email: [dpouloupoulos@papaflessia.gr](mailto:dpouloupoulos@papaflessia.gr)  
[oandkal@otenet.gr](mailto:oandkal@otenet.gr)



### 3. PAPAFLESSIA: MEETING'S HISTORY

The International Meeting of Athletics "Papaflessia" consists a significant sport and cultural institution. "Papaflessia" takes place every year in Kalamata, Greece. The "Papaflessia" International Meeting is classified to EAA's competition calendar. Messiniakos Athletics Club and the Sports Organization of the Municipality of Kalamata are the main Meeting's organizers. Under a wider cooperation among significant organizations like Prefecture of Messinia, National Athletics Federation and Ministry of Sports, "Papaflessia" are characterized as a meeting of high standards in which significant athletics performances have been accomplished.



The meeting is named after the Greek hero of Revolution War in 1821, "Papaflessas". The first meeting organized in 1954. "Papaflessia" run until 1968. At this period, "Papaflessia" were hosted in the historical venue of Messiniakos A.C. The meeting didn't take place from 1968 until 1983. The year 1984 is a landmark for "Papaflessia". It is the meeting's revival. Until 1995 "Papaflessia" meeting was characterized by the participation of athletes from the local and the surrounding area. The following years many international top athletes compete to "Papaflessia" International Meeting. Many of them have won medals to Olympic Games, World and European Championships. More specifically, some top athletes of international level are the following: Heike Drechler, Stefka Kostadinova, Fani Halkia, Kevin Young, Kostas Kederis, Maria Mutola, Tereza Marinova, Niki Bakogianni, Venelina Veneva, Kostas Gatsioudis, Katerina Thanou, Dennis Kapustin, Brad Walker, Denis Kapustin, Labros Papakostas, Deji Aliu, Dragan Peric, Yelena Yelesina, Sergey Klyugin, Yanina Korolchik, Darren Campbell, John Regis, Anastasia Kelesidou, Niki Xanthou, Olga Vasdeki and Paraskevi Tsiamita.



### 4. ARRIVALS

#### 4.1 Transportation from Athens to Kalamata



Athens International Airport Eleutherios Venizelos is the main point of athletes' entrance to Greece. In terms of Papaflessia welcome services, an Organizing Committee's representative will meet the athletes directing them to the busses. Athlete's transportation from Athens to Kalamata also occurs through taxis.



## 5. ACCOMMODATION

### 5.1 Official Hotels

Regarding athletes' accommodation, the official hotels are the following:



#### Hotel Elite

Elite Hotel is situated in the heart of Messinian Bay, at the foot of Taygetos Mountain, but very close to the beautiful city of Kalamata. In a setting characterized by its unique harmony and beauty and providing parking facilities, it becomes a favorite meeting place. Air conditioned throughout, Swimming pool, Pool bar, Restaurant, Sports center, Beach bar, Room service. All rooms with direct dial phone, safe, mini bar, satellite TV, internet access. Suitable for the disable. 10 Conference rooms for up to 10 - 1000 persons.



#### Akti Taygetos Hotel

Akti Taygetos resort has become Messinia's new face of hospitality, constructed near the sea, in the foothills of Mt.Taygetos amidst lush gardens of 12.000 sq.metres, where chiseled stone, traditional roof tiles and cobbled roads of paved stone abundantly stretch. Operating since 2001 it provides an environment of total peace and privacy, as well as all the modern comforts for pleasant and exhilarating vacations.



#### Messinian Bay Hotel

We are located under the casting shadows of mountain Tayetus on the utter most beautiful spot of the Messinian Bay. The hotel is built on the sea side of Vergas Beach, just 5 Km drive from the town of Kalamata The Messinian Bay Hotel is a complete resort comprised of 14 Special and 51 standard rooms decorated with fresh modern lines positioned in a way that offers the best view of the Messinian Bay and the town of Kalamata.

### 5.2 Information Desk

An information desk will be located at Elite Hotel. The athletes will have the potential of gathering any relevant information about the meeting. They also have the opportunity of receiving their accreditation cards, the meeting schedule as well as other stuff.

## 6. TRANSPORTATION

A shuttle bus will carry the athletes from hotels to the venue and vice versa. Bus Timetable will be available to the information desk of the Hotels.



## 7. COMPETITION INFORMATION

### 7.1 Timetable

TIME	COMPETITION SCHEDULE
18:00	Arrival of the Sacred Flame
18:00	"Papaflessas Run"
18:00	Opening Ceremony
18:00	Javelin Throw (W)
18:00	Long Jump (M)
18:15	High Jump (W)
18:30	100m (M)
18:45	150 m (M) U-14
18:55	80m (W) U-14
19:00	400m (W)
19:00	8x50 Relay Boys - Girls
19:15	400m (M)
19:15	Shot Put (W)
19:30	Javelin Throw (M)
19:30	400m Hurdles (W)
19:30	Triple Jump (W)
19:30	High Jump (M)
19:45	1500m (W)
20:00	3000m (M)
20:20	200 μέτρα (M)

### 7.2 Technical Meeting

The Technical Meeting will take place to Elite Hotel on Friday May 28 at 18:00. In the meeting they will settle issues like the qualifying rounds for races, the qualification in field events and the height progressions.

### 7.3 Warming up

The warming up procedure will take place near the competition venue. There is an indoor facility of 140 m 4 lanes track. There is also an outdoor warm up facility for the throwing events.

### 7.4 Call Room

All competitors should present themselves at the Call Room, which it is located to the Indoor warm up area. An accredited judge will accompany the athletes in the competition venue.

### 7.5 Athletes reporting time

Event	Entry to Competition Venue
Hurdles	10 minutes
Other Track Events	10 minutes
High Jump, Long Jump, Triple Jump	40 minutes
Other Field Events	30 minutes

## 8. DEPARTURES

Athletes' departure has been arranged to Sunday May 30. The busses will carry the athletes to Athens International Airport Eleftherios Venizelos.