



2018 EAP Indoor Amsterdam

Information Invitational Athletes and Coaches

Dear Athletes and Coaches,

Welcome to the Indoor Amsterdam, part of the European Athletics Promotion (EAP) circuit! We hope that you will have a great competition and enjoy our city. Please use this letter as a guide to your competition weekend. If any information changes in the next week, you will be notified via email. Should you have additional questions not addressed below, do not hesitate to contact us (see foot of page).

REGISTRATION

If you are receiving this letter, then your registration in the meeting is confirmed. Please check your registration details on atletiek.nu (Search "Indoor Amsterdam" and click "Inschrijvingen" to see the list of participants). If you notice that any information is missing or incorrect, please let us know as soon as possible via email: amsterdam@eap-circuit.org.

COMPETITION TIMETABLES

The preliminary time table is attached separately to this email.

There will be finals series for the sprint and hurdles series.

For those not familiar with Dutch, HSS = Triple Jump, Hoog = High Jump, and Ver = Long Jump. Mannen = Men and Vrouwen = Women

Prizes

We will have two classifications for the prizes with Men's and Women's sprints and hurdles combined into one class and Men's and Women's technical events also combined into the second class. Prizes will be awarded according to IAAF points, with first place receiving €150, 2nd place €100, 3rd place €50, 4th place €30, and 5th place €20.

MEET LOCATION

The meet location is the same as last year:

Sportcentrum Ookmeer

Dr. Meurerlaan 7

1067 SM Amsterdam

MEET HOTEL INFORMATION

Arrival and Departure

There is a hotel shuttle from the airport. It runs every 20 minutes from 5:00 to 0:45 and leaves from bus stops A9-A13. It is shared between 3 hotels so please take care to leave the shuttle at the Ibis Budget Airport Amsterdam Hotel.

Check-In / Check-Out-times

For those arriving to the meet hotel on Friday, you will be greeted at the hotel starting at 16:00. Check out before 11:30.

Breakfast

Breakfast is served from 7:00 AM to 10:00 AM. The buffet will close at 10:30. It is not allowed to take bags or luggage to the breakfast area. It is not allowed to make and take lunch packages from the buffet.

Just in case

Hotel Contact Information

Ibis Budget Airport Amsterdam

Schipholweg 185

1171 PK Badhoevedorp

+31 (0)20 348 35 33

All rooms in the hotel are non-smoking. Smoking is completely forbidden inside the hotel and in the rooms (this includes *out of the window-smoking*).

Amsterdam Indoor, your perfect in a great city.



TRANSPORTATION TO FROM AND AROUND OOKMEERHAL

Shuttle from the Hotel

Below is the schedule for all transfers from the hotel to the track. Meeting point is in the lobby of the hotel. Your chauffeur will be our volunteer Djurre (see contact details below).

<u>Hotel to track</u>	<u>Start time Ookmeerhal</u>	<u>Departure Ibis hotel</u>	<u>Arrival Ookmeerhal</u>
jumpers	11.00 AM	09.00 AM	09.20 AM
jumpers	13.00.	11.00 AM	11.20 AM
sprinters (2 cars)	17.45 / 18.30.	15.45.	16:05.
sprinters	19.00.	16.40.	17.00.
<u>Track to hotel</u>		<u>Departure Ookmeerhal</u>	<u>Arrival Ibis hotel</u>
jumpers		15:15.	15:35.
jumpers		16:10.	16.30.
sprinters	Alternating carshifts after the event is finished		

By Own Auto

There is a very large parking lot in front of Sportcentrum Ookmeer. Parking is free.

By public transportation

Getting around in Amsterdam with train, tram, Metro, and bus is easy and cheap.

Use Google Maps or the transportation app 9292.nl/en to plan your trip.

Ookmeer is about 5km from the Amsterdam Centrum and thus 20-40 minutes from most anything by public transport, so plan ahead of time!

Within walking distance of the hotel there is also a large bus station (Schiphol Knoppunt Noord) with regular service to and from the Amsterdam Center.

CATERING/SUPERMARKETS

There are several supermarkets within 1 km to the southwest of Sportcentrum Ookmeer. The SPAR is open from 8:00 until 18:00 on Saturday, and the ALDI is open from 08:30 until 20:00. There is a cafeteria in Sportcentrum Ookmeer where you can buy drinks and snacks.

We are finalizing our lunch and dinner options for athletes and will communicate further information about these meals in a follow up email.

TRAVEL REIMBURSEMENTS

For those who will be receiving travel reimbursements, there will be a desk at Ookmeerhal where you can collect your travel reimbursement. This desk will also provide the cash prizes. You will be provided a receipt and asked to sign for receipt of the reimbursement.

CONTACT INFO

Don't hesitate to reach out to me or any of our volunteer team if we can make your competition more comfortable in any way! You can use the phone numbers below via phone or sms.

We'll also be regularly checking and responding to amsterdam@eap-circuit.org

Main contact EAP:	Edward Monrad	+31 (0)6 1978 2313
Transfer hotel-track:	Djurre den Heeten	+31 (0)6 4846 3363

We wish you safe travels and good preparation for the competition and can't wait to welcome you to Amsterdam!

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