

Rules - Meeting de Nantes Métropole

Saturday 25 January 2025 Stadium Pierre QUINON, 19 Bd Guy MOLLET, Nantes
Nantes Métropole Athlétisme, through the organisations of its sections (Nant'haies, cross national de l'Erdre, regional meetings, labelled off-stadia races, trails, fun races, etc.) has real expertise in sports events. Officials and volunteers are on hand in large numbers to ensure that events of recognised quality are held.

A - ENTRIES :

Entries must be made directly to the meeting director Antoine LALOUF.

By e-mail: contact.nma.athle@gmail.com / Mobile: **06 52 67 42 38**

An e-mail will be sent to managers at the end of October with details of the conditions. Only entries confirmed by e-mail between the two parties will be considered definitive. Participation in the meeting implies acceptance of these rules. Each athlete undertakes to follow the W-A rules, the general FFA regulations and the instructions issued by the organisers and the owner of the equipment. The meeting management will pay particular attention to respecting the judges and volunteers supervising the competition.

B -PROGRAMME :

Women's events → 60 m - 60 m hurdles - 400 m - 800 m (regional) - Height - Pole vault.
Men's events → 60 m - 60 m hurdles - 400 m - 800 m - Long jump

C - COMPETITION INFORMATION :

The Nantes Métropole meeting takes place at the Pierre Quinon Stadium.

The stadium has 2 rooms:

- a competition hall (Fernand Lancereau hall)
- a warm-up room (salle Milliat).

In these 2 areas, the length of the spikes is limited to a **maximum of 6 mm**.

Call room

The call room is located in the Milliat room.

The schedule for the call room will be posted on the notice board in the Milliat room and at the entrance to the call room.

As a reminder, the possession of **mobile phones**, tablets or any other similar electronic devices (including connected watches) **is forbidden** in the competition area. Athletes must ensure that they leave these devices with their entourage before entering the call room.

Races

60m - 60m hurdles :

The composition of the semi-finals and the allocation of lanes will be based on valid performances achieved during the 2024 season.

If there is no performance over the distance, the organiser reserves the right to make a correlation with a reference performance achieved over a longer distance during the 2024 summer period.

The top 3 in each semi-final and the 2 fastest times will qualify for the A Final.

The remaining competitors will compete in Final B.

Final B is run before Final A.

The podium is made up of the **top 3 from Final A**.

400 m :

For Men and Women, two races are organised.

The podium will be determined on the basis of the **overall ranking** established from the results of the **two races**.

Lanes will be allocated on the basis of valid performances achieved on the short track in 2024.

If there is no performance on a short track, the organiser reserves the right to make a correlation with a reference performance achieved on a 400 m track during the 2024 summer period.

800 m :

Lanes will be allocated on the basis of valid performances achieved on a short track in 2024.

If there is no performance on the short track, the organiser reserves the right to make a correlation with a reference performance achieved on a 400 m track during the 2024 summer period.

D - ATHLETE TRAVEL EXPENSES :

The reimbursement of travel expenses concerns only the first six (6) athletes in the A finals of the events, provided that the performance is equal to or better than the scale indicated in the appendix.

- Either reimbursement of the SNCF 2nd class ticket from the Si-FFA address of the athlete's club headquarters, up to a maximum of €110.
- Or reimbursement of the vehicle journey, €0.15 per km return, including tolls and parking, up to a maximum of €110 from the athlete's Si-FFA address.
- Group travel by minibus is highly recommended and may be fully covered by the organisation by prior agreement - Air travel and the amount of the organisation's contribution must be agreed in writing by the management.

Reimbursement will be made on the basis of original supporting documents and will only be made by bank transfer within a maximum of 15 days of receipt of said documents. Any request received after 15 March 2025 will not be considered.

E - TABLE OF BONUSES :

The table of podium prizes and performance bonuses can be viewed and downloaded from the Nantes Métropole Athlétisme website.

- Cat A events: €700 - €500 - €300 - €200 - €100

o Women: 60 m - 400 m - 60 m hurdles

o Men: 60 m - 400 m - 800 m - 60 m hurdles

- Cat B events: €450 - €300 - €200 - €100

o Women: Height - Pole vault

o Long Jump: Long Jump

F - ACCOMMODATION - CATERING :

Athletes staying in accommodation will be welcomed from Friday 2.00 p.m. at the reception of the hotels 'the Original City Hôtel Novella' 8 rue de l'hôtellerie 44470 Carquefou, telephone 02.28.23.09.59.

Athletes who have expressly confirmed their need by reply coupon before Saturday 11 January 2025 will be able to benefit from one night's accommodation + breakfast, the day before or the evening of the meeting, provided that they live more than 200 km from Nantes. Athletes requiring a second night's accommodation will be entitled to preferential rates from the hotel partner, subject to availability.

Accompanying persons and coaches are not covered.

Airport-tram-hotel-stadium shuttle buses will be provided by the organisers. The new configuration of the North Station access and the works at the South Station prohibit or considerably restrict any vehicle approach.

Tram tickets (15-20 minute journey) will be distributed, as well as a traffic map to reach the 'Recteur Schmitt' stop where pick-up has been organised. A welcome committee will be waiting for athletes at the station, exit NORD, then at the 'Recteur Schmitt' stop.

A buffet with hot dishes will be organised from 7.00 p.m. on Friday evening at the hotel for athletes staying at the hotel who have specified their request on the reply coupon that will be sent to them. On Saturday lunchtime, fast food will be available at the Stadium (meal ticket required) and dinner will be served at the hotel.

The bar at the Stadium will also be open from 11.30am on Saturday 25 January.

G - PAYMENT OF PRIZES :

These regulations stipulate that the various premiums will be paid as follows: Except in the case of a deadline imposed by an anti-doping test, prize money will be paid during the month of February 2025 and will close on 15 March 2025, solely by bank transfer.

<i>Performances minimales requises pour le remboursement du déplacement</i>	
60 m M	6"70
60 m W	7"40
400 m M	47"50
400 m W	53"25
800 m M	1'48"60
60 haies M	7"70
60 haies W	8"20
Longueur M	7m59
Hauteur W	1m85
Perche W	4m15