



Open European
Championships 2025
PRAGUE



PROPOSITIONS

EVENT

8th IAADS Open European Athletic Championships

DATE

29th June - 6th July 2025

ORGANISER

THE CZECH FEDERATION OF ATHLETES WITH DOWN SYNDROME – CEFES DOWN

Under the auspices and authority of:
IAADS – International Athletics Association for Persons with Down Syndrome,

PLACE

Czech Republic
Prague



ELIGIBILITY AND ACCREDITATION

The event is open to athletes who are eligible to represent their national association in line with the SUDS, IAADS regulations. All athletes entering the event should be registered with the SUDS by 25 April 2025. Please visit the www.su-ds.org website for the SUDS Registration Policy.

Accreditations will be issued to all athletes, staff members or delegation officials once they have proven their identities; the accreditations will include a photograph of each participant.

We ask you to send us a passport photo for each member of your delegation, with the 2nd Entry. The photos must adhere to the following requirements: • JPEG format (.jpg, .jpeg extensions).

ENTRY PROCESS

Intention of participation	January 24th 2025
The first entry (entry by number):	February 21st 2025
The second entry (entry by name):	April 25th 2025

ENTRY FEES

The entry fees per 1 person:		
€ 170 per day in accommodation	€ 25 fee per event	€ 140 per extra day



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Standard packs:

29th June - 6th July 2025: € 1215 per 1 person

Price includes:

- ✓ accommodation
- ✓ full board
- ✓ transport from/to the airport and sports venues
- ✓ access to all sports venues and facilities
- ✓ € 25 fee/per person to IAADS

All payments should be paid in Euro to the local organising committee (LOC) as set out below:

(Please notice that the athletes competing in table tennis and tennis should pay their fees to a different organising body!)

Payment terms:

Entry to be submitted with the 1st entry: 20 % by February 21st 2025
Entry to be submitted with the 2nd entry: 80 % by April 25th 2025

Payment has to be made to the following account:

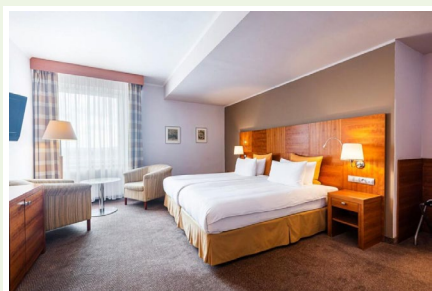
Account number:	123-9687400297/0100
IBAN:	CZ2401000001239687400297
Swift Code:	KOMB CZPP XXX
Note for the recipient:	DS2025
Bank name:	Komerční banka a.s.
Bank address:	Na Příkopě 33 čp.969, Praha 1, PSČ 114 07
Name of the recipient:	Česká federace sportovců s Downovým syndromem z. s.
Address of the recipient:	Kostelecká 879/59, Čakovice, 196 00 Praha 9

Please note that bank charges must be included in the entry fees.

ACCOMMODATION

The hotel for teams is (10 minute walk from the Juliska sports venue):

Name: Grand Hotel International Praha
Address: Koulova 1501/15 160 45 Praha 6
Website: www.hotelint.cz





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TRANSPORTATION

The organisers will provide transportation for teams and officials from the Václav Havel Airport Prague to the Grand Hotel International Praha (and back) as well as local transport from the hotel to the sport venues (and back) and guided tours and trips during the social programme day.

INSURANCE

Participating member organisations are responsible for their own insurance requirements for travel, personal accident, liability and medical matters.

MEDICAL SERVICE AND HEALTH PROTOCOL

There will be a permanent medical service present during each competition day.

OFFICIAL LANGUAGE

The official language of the event is English. All materials and information will be available in English.

VISAS

Each competing nation is responsible for arranging the necessary visas for their delegation. Where required the LOC will issue a letter of invitation to participating nations; should that be the case for your delegation, we ask you to inform us as soon as possible.

FLAGS AND NATIONAL ANTHEMS

All delegations are expected to bring a suitable number of flags, a minimum of three flags providing the delegation has at least two athletes competing. The suggested size is 80 × 120 cm.

All delegations are expected to send LOC their National Anthem in .mp3 format before arrival to Prague.

COMPLEMENTARY INFORMATION:

Average high temperature expected: 25° Celsius

Average low temperature expected: 15° Celsius





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ATHLETICS

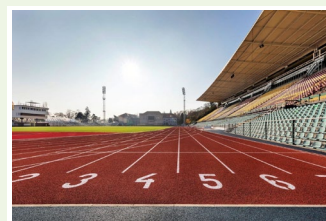
Venue:

Outdoor training will take place at
OLYMP SPORTS CENTER

www.olympcsmv.cz

Za Císařským mlýnem 1063 Praha 7

The competition will be held at **Juliska** stadium ASC Dukla Praha, with an athletic 400m track (oval 8-track, straight 8-track). Javelin and discus will take place at Olymp Sports Center.



Categories:

Down syndrome Trisomy 21
Down syndrome Mosaic

Events:

100 m, 200 m, 400 m, 800 m, 1500m	(male, female)
800 m walk, 1500 m walk	(male, female)
long jump, shot put, javelin, discus	(male, female)
triathlon	(male, female)
4 × 100 m relay, 4x 200 m mix, 4 × 400 m relay	(male, female)

Provisional Competition Schedule:

Sunday, 29 June:	Arrival
Monday, 30 June:	Training / Opening ceremony / Meeting of coaches
Tuesday, 1 July:	Competition
Wednesday, 2 July:	Competition
Thursday, 3 July:	Rest/Social Programme
Friday, 4 July:	Competition
Saturday, 5 July:	Competition, Closing Ceremonial, Final Party
Sunday, 6 July:	Departure

Team of referees and umpires: Josef Filip (CZE)
from Czech athletics association.

Contact persons:

José Costa Pereira (POR) – jcp.josecostapereira@hotmail.com
Josef Filip (CZE) – filip.jos@seznam.cz
Jan Čáp (CZE) – cap.jan@email.cz

Minimum Standards

EVENT	MEN	WOMEN
100m	15.50	21.00
200m	33.80	50.00
400m	1.28.00	2.02.00
800m	3.40.00	open
1.500m	open	open
800m Walk Race	open	open
1.500m Walk Race	open	open
Long Jump	3.35m	2.00m
Shot Put (4kg M / 3kg F)	7.20m	4.50m
Discus (1kg M / 0.75 F)	15.20m	10.00m
Javelin (600gr M / 400gr F)	15.50m	10.00m
Triathlon (100m / Long Jump / Shot Put)	open	open
4x 100m Relay	1 team per country	1 team per country
4x 200m Relay MIX	2 men per country	2 women per country
4x 400m Relay	1 team per country	1 team per country

Technical Rules and Regulation

Athlete's registration

The athletes with Down Syndrome are divided into two „sport classes“ to ensure the competition is fair and equal:

1st Class: „T21“ = Down Syndrome Trisomy 21
2nd Class „Mosaic“ = Mosaic Down Syndrome.

Technical rules

According to rules of IAAF (International Association of Athletics Federation's) with the following IAADS adaptations:

1. The number of athletes per event by nation is open, but only a maximum of 3 will be qualified for the Final;
2. There will be no penalty for those athletes that don't achieved the minimum performance during the competition;
3. Starting blocks will be used in sprint event
4. The Sprint races (100m & 200m) will be run by Preliminary Rounds with a maximum of 8 athletes per race, in different lanes;
5. 400m race will be run only in 1 lane, as used in middle distance races;
6. In 400m, 800m and 1.500m race events there will be Direct Finals by Heats (Times);
7. In Walk Race events, it's not allowed to run! Race walking means a progression of steps with a permanent contact with the ground. If an athlete doesn't follow the rule and runs he or she will be disqualified by a direct Red Card or Paddle. When 3 Yellow penalties are shown by 3 different Judges, the athlete is disqualified with a Red Card;
8. In Relay Races the additional 10m balance zone will not be used by the athletes. Only the 20m Take-over Zone will apply,
9. In Track events the Preliminary rounds will have a maximum of 8 athletes per race. In Field events a maximum of 12 athletes are allowed for a Final,
10. First 3 placed in the Finals will be awarded with Gold, Silver and Bronze medals
11. First 3 placed in the Open competition will be awarded Glass medals

Team Competition

1. According to the IAADS guidelines and in order to encourage nations to participate, the IAADS World and Regional Championships will also have a total combined Team Competition of male and female athletes;
2. In the Team Competition the best 8 classified athletes in the Finals will get points according to the placement (8 points for 1st placed, 7 points for 2nd placed, also till 1 point to the 8th placed).
Unless in an event(s) we have less than 8 athletes entered, the number of points achieved will be equivalent to the number of the starting athletes.

Examples:

- 5 athletes T21 or Mosaic in Shot Put, the points will be 5 points for 1st place, 4 points for 2nd place also till 1 point to the 5th classified;
- 2 athletes Mosaic or T21 in Walk Race, the points will be 2 points for 1st place and 1 point for the 2nd;
- 1 athlete Mosaic or T21 1.500m, only one point for the winner.

3. All participant nations are eligible for the Team Competition.
4. The Best 3 Nations by the total number of points will be awarded with 1st, 2nd and 3rd places Trophies.

the weights of the used equipment are:

- Shot put: 4kg male, 3kg female
Discus: 1kg male, 0,75kg female
Javelin: 600gr male, 400gr female





ROOMS ASSIGNMENT LIST



COUNTRY:

CODE:

NO	CHECK-IN DATE	CHECK-OUT DATE	FULL NAME OF 1st PERSON	FULL NAME OF 2nd PERSON	FULL NAME OF 3rd PERSON	ROOM TYPE
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						

Single rooms		
Double rooms		TOTAL ROOMS
Triple rooms		

ATHLETICS

TRAVEL FORM	
COUNTRY	

ARRIVAL					
	DATE	TIME	FLIGHT NUMBER	ARRIVING AT	ARRIVING FROM
BY PLANE					

DEPARTURE					
	DATE	TIME	FLIGHT NUMBER	DEPARTURE FROM	DESTINATION
BY PLANE					

