



**1000m
HERCULIS**

RULES AND ATHLETE INFORMATION

Here is some practical information to ensure the day runs smoothly. Please note that as part of the energy transition, all athletes must bring their own water bottle. A water fountain is available in front of the stands entrance.

MEETING POINT:

The hall of the sports center. Entry and exit are through the two doors on the right of the entrance, first and second F, specifically the door reserved for ASM basketball officials and VIPs.

BIB NUMBER COLLECTION:

An alphabetical list will be posted; please first check your bib number upon arrival. Bib numbers will be distributed individually. Collection takes place one hour before the race.

CALL ROOM:

Athletes must report 20 minutes before the start of their race, with their bib number pinned to their chest.

CIRCULATION:

Athletes will be escorted onto the track. They may put on their spikes in a designated area as it is **STRICTLY FORBIDDEN** to wear spikes anywhere except on the track. Access to showers and changing rooms for men and women will be allowed **ONLY** before athletes return from their race. In this case, athletes must take all their belongings with them onto the track. No further access to showers will be possible otherwise. Exit will be via the same route.

SHOE REGULATIONS:

World Athletics rules state that track races from 800m and up (including 1000m) prohibit the use of shoes with a sole height (drop) greater than 25 millimeters.

ATTENTION!

The wearing of spikes is strictly forbidden in the stadium circulation areas.

Spectators and stands access:

From 9:30 a.m. to 5:00 p.m., spectators of the 1000m races may freely access the "Première" stands via entrance F.

The opening of all stands is scheduled at 5:30 p.m., and access is only possible with a valid ticket for the evening International Meeting. Please note that any exit will be final.

All participants in the Herculis 1000m races will receive 1 invitation for the Herculis EBS. If you have not yet collected your ticket, you can present yourself with your bib at the ticket office at the stadium entrance (Gate A). For clubs traveling in groups, please send your ticket requests to ticket@herculis.com.
