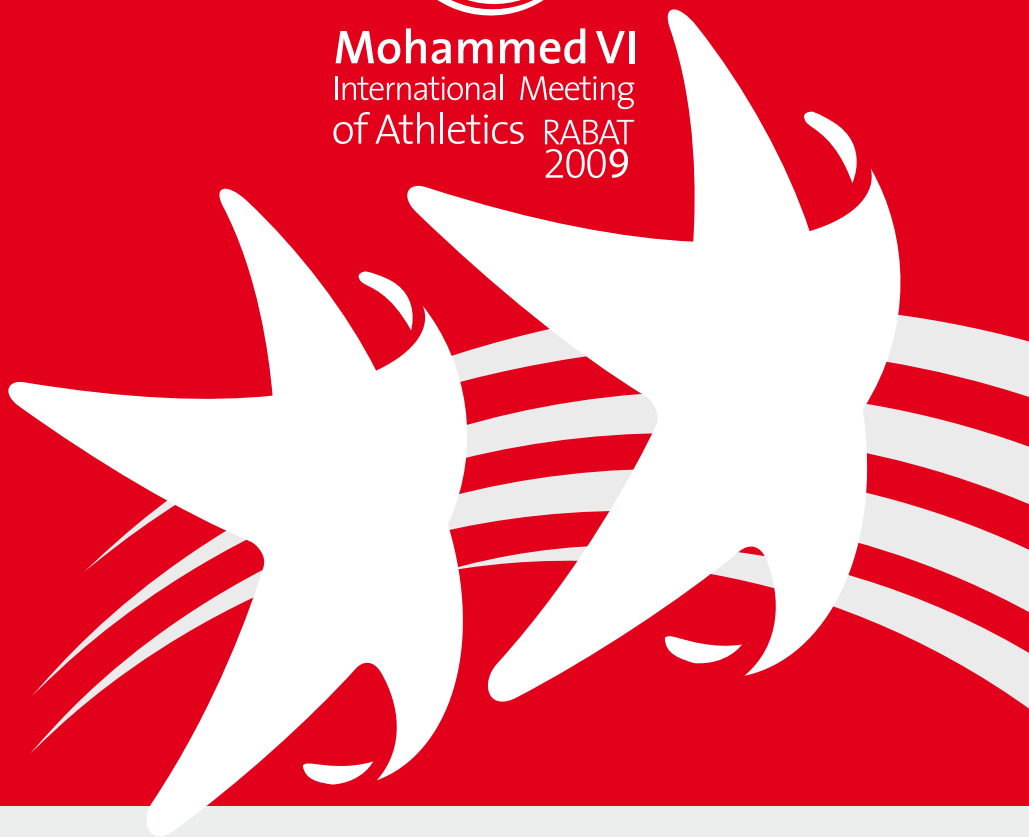




Mohammed VI
International Meeting
of Athletics **RABAT**
2009



Athlete's **Guide**

Rabat, the world athletics venue on Saturday,

23 May at 5:00 pm



Rabat, the world athletics venue on Saturday,

23 May at 17:00



Dear Athletes,

I'm very happy to welcome you for this 2nd edition of the Mohammed VI International Meeting in Rabat. This year is quite specific considering the upcoming Berlin Worldwide Championships.

In this regard, we are strongly committed to make of this edition a vivid and organizational success at all levels as well as an opportunity for you to assess your performances in an upscale echelon.

The attendance of many Olympic medalist comforts me as per the attractive image of this Meeting and witnesses the important position it occupied from now on in the Worldwide Circuit of the International Association of Athletics Federations.

I wish you good luck and lots of success in your future endeavors.

Abdeslam AHIZOUNE
President of the Moroccan
Royal Athletics Federation

Meeting International Mohammed VI
Rabat - 23 mai



**Maroc Telecom,
Sponsor Officiel souhaite
Bonne chance à tous les participants.**





Rabat, a capital in full expansion

The administrative, political and diplomatic capital of the Kingdom, Rabat is located in the North of the country on the Atlantic coast facing the city of Salé. A major port, Rabat is also a commercial and industrial city where tourism and local crafts play a major role. With its great cultural diversity, the city enjoys all the high potential tourist assets in the form of cultural tourism, the wealth of its historical heritage and the seaside resort sector with the development of the future cornice stretching over 13 km and the creation of new tourist zones. A major project launched in 2006, will enable development of the Bouregreg Valley stretching over a surface area of 330 hectares. This project forms a part of the framework of development of the Bouregreg Valley separating Rabat from Salé. Two tramway lines with a total length of 17 km are currently under construction.

NOKIA



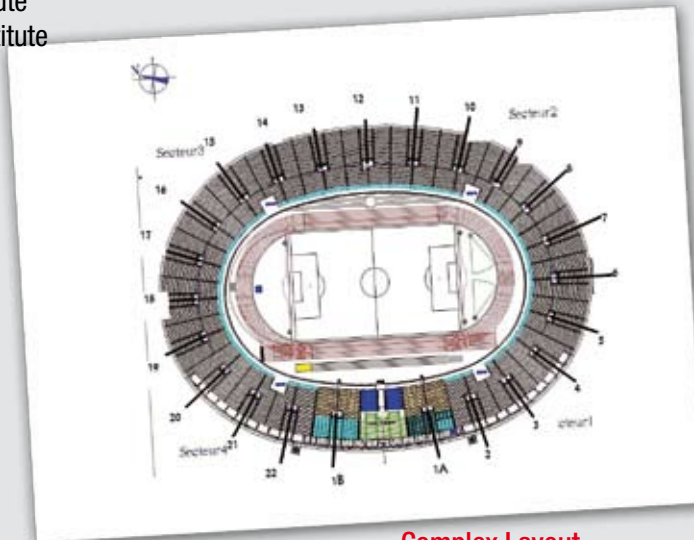
Practical Layout of the Prince Moulay Abdellah Complex

The Prince Moulay Abdellah Sports Complex covering a surface area of 80 ha is located at the exit of the city of Rabat on the Casablanca highway.

Commissioned in 1983 upon the occasion of the ninth Mediterranean games, the Prince Moulay Abdellah Sports Complex has been the home of several international scale events.

It consists of the following sports facilities:

- > Sports Palace : **8 000** seats
- > Olympic stadium : **46 000** seats
- > Two plaid tracks for practice
- > Parking lot with **10 000** spaces
- > National Athletics Institute
- > National Basketball Institute



Complex Layout

Un Groupe
au service
de vos talents





Timetable for 23 May 2009

23 May	2nd edition of Mohamed V International Meeting in Rabat.
17:15	800 m boys
17:25	800 m girls
17:35	1500 m boys
17:45	400 m H men
17:55	High jump women
18:00	Pole vault women
18:05	400m H women
18:10	Disk men
18:15	100 m men
18:25	1500 m men
18:30	Long Jump Men
18:35	3000 m steeple men
18:50	800 m women
19:00	400 m men
19:10	800 m men
19:20	200 m women
19:28	200 m men
19:35	5000 m men
19:55	1500 m women

General Information

WELCOME

You will find hereafter all the necessary information to make your stay as enjoyable as possible. If you have other questions, do not hesitate to contact our staff.

HOTELS

Hotel Rabat – 21 Avenue du Chellah – 10000 Rabat
Tel: +212 (0)5 37 70 00 71 – Fax: +212 (0)5 37 70 00 59
www.hotelrabat.com

Hotel Tour Hassan – 26 Avenue du Chellah – 10000 Rabat
Tel: +212 (0)5 37 23 90 00
Fax: +212 (0)5 37 73 18 66
www.palaces-traditions.ma

Hotel Farah Golden Tulip - Place Sidi Makhlof – 10000 Rabat
Tel: +212 (0)5 37 23 74 00
Fax: +212 (0)5 37 72 21 55
www.goldentulipfarahrabat.com

MEALS

Restaurant

There is a meal-ticket system in the hotel starting Thursday, these tickets will be distributed upon arrival. All other meals taken outside this system will be at your own charge.

- > Breakfast 7:00 a.m. – 10:00 a.m.
- > Lunch 12:30 p.m. – 2:30 p.m.
- > Dinner 7:30 p.m. – 9:30 p.m.
- > Snack on Saturday 3:30 p.m. – 4:30 p.m.
- > Closing dinner on Saturday 23/05 10:00 p.m.. – 12.30 p.m.



General Information

DRINKS

Soft drinks are free of charge in the dining room. All other drinks are payable.

TELEPHONE

Telephones in the room are disconnected. All telephone charges and other incidentals are at your own expense. We kindly ask that you submit a credit card print at the hotel reception desk upon arrival.

DOCTOR

Consultation by appointment ONLY.

PHYSIO ROOM

Physiothérapie, ostéopathie, chiropratique

Physiotherapy, osteopathy, chiropractic

- > Thursday 21/05: 8 p.m. – 9 p.m.
- > Friday 22/05: 10 a.m. – 12 a.m. 2 p.m. – 8 p.m.
- > Saturday 23/05: 10 a.m. – 2 p.m.

Taping and ice-therapy available at the stadium: at the pole vault, long jump, athlete's stand. **Consultation by appointment ONLY**



General Information

BUS

Departure to stadium and training :

TRAINING in the stadium

- > **Thursday** : departure: 3 p.m. and 4 p.m. return: 4.30 p.m. 5.30 p.m.
- > **Friday**: departure: 3 p.m. and 4 p.m. return: 4.30 p.m. 5.30 p.m.

COMPETITION

Saturday 23r / 5

Departure from the hotel to the stadium:

3:00 p.m. – 3:30 p.m. – 4:00 p.m. – 4:30 p.m. – 5:00 p.m.

Return from the stadium to the hotel :

8:30 p.m. – 9:00 p.m. – 9:30 p.m. – 10:00 p.m. – 10:30 p.m. – 11:00 p.m. – 11:30 p.m.

RETURN FLIGHT

Busses will be available. Please see schedule at the **transport desk**

Return flight: Royal Air Maroc desk



Competition at the stadium

NO BADGE, NO ACCESS !

PLEASE DON'T FORGET TO WEAR YOUR ACCREDITATION BADGE BEFORE getting in the bus to the stadium.



Athletes Numbers (Bibs)

Each athlete receives 2 competition bibs at the calling-room. Please do not fold them. Advertising on these numbers should be clearly visible during the competition: Black in the front – blue in the back (except for the high jump and pole vault). Any athlete who refuses to follow these rules shall not be allowed to compete. Officials will check this.

Changing Rooms

Guarded changing rooms and showers are available in the Stadium.

Warming Up

- > 1 small track warming up, just beside the bus stop at the stadium
- > 1 grass field warming up, 100 m further (follow the signs)

Matériels de lancement

All personal throwing equipment has to be checked until ¾ hour before the competition at the least. The control room is located in the corridor under Tribune 1, first room to the left.



Une pureté exceptionnelle, un équilibre minéral,
des oligoéléments indispensables...
Sidi Ali puise au coeur des montagnes toute la vie
qu'elle nous restitue chaque jour.

Il y a de la vie dans l'eau.





Clothing worn inside the Competition Area

Advertising and displays of promotional nature on the clothing worn inside the competition area must to comply with the IAAF Rule 18 and the IAAF Regulations accompanying this rule.

Physiotherapy

There will be 2 physiotherapy rooms available in the corridor under the Tribune 1: one with the official Memorial physiotherapist and another at the disposal of athlete's private physiotherapists who are not to use the Official Memorial's physiotherapy room.

Athlete's Stand

Reserved seats in Tribune 2, Section A, accessible from the Athlete's Entrance.

Calling-Room

Check time table at warming-up area and/or call room

Starting Procedures

The starter will ask athletes **4 min.** before the start to remove their training suits. Please act immediately so that TV can present all athletes individually 2 min. before the start. No individual presentation for field event.

On the Field

We inform you that you must leave the track **IMMEDIATELY** after you finished your event and join the athletes stand (Tribune 2, Entry via Athlete's Entry). The winner has to do one lap of honour.

Mobile phone and Ipods are **NOT ALLOWED** on the infield.

Victory Ceremony

The first 3 of every event will be accompanied by a staff member to the media "mixed zone" where a maximum of 10 minutes will be allowed for interviews. Afterwards, a staff member will accompany the athletes to the victory ceremony area.

Un engagement permanent pour la promotion du sport

Groupe OCP, Sponsor officiel du Meeting International Mohammed VI

Rabat, le 23 mai 2009



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Groupe OCP

Le phosphate, c'est la vie

www.ocpgroup.ma



Press Interview

After the prize awards for your event, reporters may want interviews. In this case, a press officer will contact you immediately afterwards and, if you are willing, take you to the press space.

Height Progression

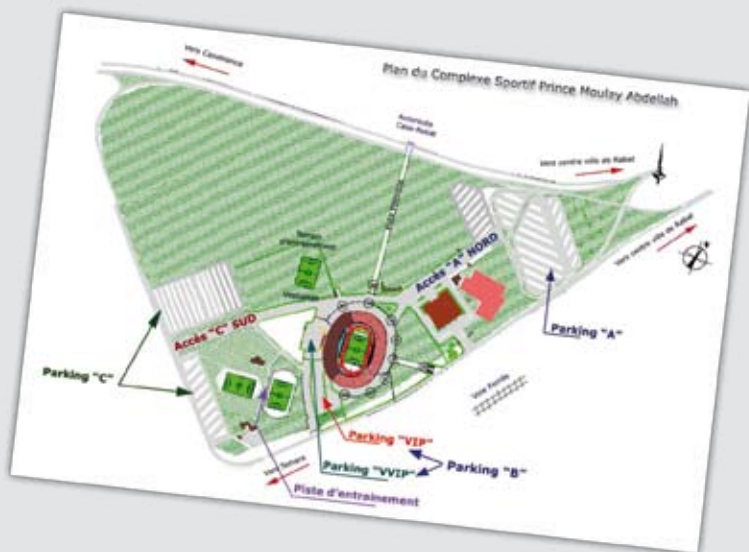
High Jump Women :1.80, 1.83, 1.86, 1.92, 1.95, + 2m

Pole Vault Women : 3.80, 4.00, 4.10, 4.20, 4.30, 4.40, 4.50, + 5 cm

General Information

Participation money will be reduced by 50% for any athlete who is not classified due to false start, failure to finish or without score in the field events.

General layout of Prince Moulay Abdellah Sports Complex



Libérer vos émotions et découvrez le sport comme vous n'avez jamais pu le faire avec la seule chaîne sportive marocaine Arryadia. Du direct, des magazines, des documentaires, des débats, des jeux... L'actualité, l'histoire et l'information sportives au Maroc vous donnent rendez-vous sur
Arryadia, la plus marocaine des chaînes sportives.





Mohammed VI International Meeting of Athletics RABAT 2009



Contact

For further information, please get in touch with the meeting stand at the hotel or consult the following website :

www.mohammedviathleticsmeeting.com