



TEAM MANUAL

60th CISM World Military Cross-Country Championships 2026

25 February – 02 March 2026

Athletic Center “Skamnies”, Pigi Pilis, Trikala, Greece

“Friendship through Sport”

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1. Welcome

On behalf of the Hellenic Armed Forces Sports Organization (A.S.A.E.D.) and the Local Organizing Committee (LOC), we are honored to welcome all participating delegations to the 60th CISM World Military Cross-Country Championships 2026.

This prestigious event will take place from 25 February to 02 March 2026 at the Athletic Center “Skamnies”, Pigi Pilis, Trikala, Greece. The competition day is scheduled for Sunday, 1 March 2026.

This Team Manual contains all essential information regarding accommodation, transportation, technical procedures, competition rules, and logistics. All Chiefs of Mission (CoMs) and coaches are kindly requested to read this manual thoroughly and share the relevant information with their team members.

Official Website: <https://60cism-wmccc.org/>

2. Accommodation

The LOC has secured high-quality accommodation for all participating delegations. Due to the arrival/departure schedule and the location of the competition venue, accommodation is organized in two areas: Athens and Kalambaka.

2.1 Hotels in Athens (Arrival/Departure Days)

Teams arriving or departing via Athens International Airport will be accommodated at the following hotels:

President Hotel

Address: 43 Kifissias Avenue, Athens 115 23

Website: <https://president.gr/the-hotel/location/>

Fresh Hotel

Address: 59 Athinas Street, Athens 105 52

2.2 Hotels in Kalambaka (Main Accommodation During the Championships)

The following hotels will host the delegations during the main period of the Championship in the Trikala area:

Grand Meteora Hotel

Address: Kastraki, Meteora 422 00

Website: <http://www.grandmeteora.gr/en/contact/>

Note: The Technical Meeting will be held at this hotel.

Hotel Orfeas

Address: 58 Pindou Street, Kalambaka 422 00

Website: <https://hotel-orfeas.gr/en/contact-2/>

2.3 Meals

All meals will be served buffet-style, with a wide selection of food options prepared to accommodate dietary needs, religious practices, and cultural preferences.

Meal times are as follows:

- Breakfast: 06:00 – 10:00 (06:00 – 07:45 on competition day)
- Lunch: 13:00 – 15:00
- Dinner: 19:30 – 21:30 (20:00 – 21:30 on some days)

Mineral water is provided free of charge during lunch and dinner. All other beverages must be paid for. Accreditation cards are required for meal access.

2.4 Information Desks

An LOC Information Desk will be located in the lobby of each hotel with qualified personnel offering relevant information on all aspects of the Championships. The desks will operate during event days from 08:00 to 20:00.

3. Arrivals, Departures & Transportation

3.1 Arrivals

By Air: The official airport is Athens International Airport “Eleftherios Venizelos” (ATH). Upon arrival, team members will be welcomed by LOC representatives and transported by bus to the designated hotels.

OCR Arrival: Tuesday, 24 February 2026 (15:25, Athens Airport).

CISM President Arrival: Wednesday, 25 February 2026 (01:40, Athens Airport).

Missions & CSC Members: Wednesday, 25 February 2026 (all day arrivals, Athens Airport).

Transfer to Kalambaka: Thursday, 26 February 2026. Departure from Athens at 08:00 to the hotels in Kalambaka (Grand Meteora, Orfeas). Approximate travel time: 4 hours.

3.2 Departures

Monday, 2 March 2026: All departures. Transfer from Kalambaka hotels to Athens Airport will be arranged according to flight schedules submitted in advance by the Chiefs of Mission. Further information will be available at the hotel Information Desks.

3.3 Local Transportation

The LOC will provide local transportation between hotels and training/competition venues. Detailed shuttle bus schedules will be communicated via the Team Leaders' WhatsApp group and will also be available at the hotel Information Desks.

- Kalambaka Municipal Stadium (training): approximately 3 km from hotels, 10 minutes by bus.

- Athletic Center “Skamnies” (competition venue): approximately 34 km from hotels, 35 minutes by bus.

3.4 Insurance

Participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the event and during the event itself. Please take the necessary steps well in advance.

4. General Program

The following schedule provides an overview of all activities from arrival to departure.

DATE	TIME	ACTIVITY	PLACE	NOTES
TUE 24 Feb	15:25	Arrival of OCR	Athens Airport	Travel to Trikala
WED 25 Feb	10:00–13:30	Preliminary Meeting & Venue Inspection	Kalambaka (Hotel)	LOC, OCR, PCSC, CSC
	01:40	CISM President’s Arrival	Athens Airport	Travel to Trikala
	All day	Arrival of Missions & CSC members	Athens Airport	Hotels: President, Fresh
THU 26 Feb	06:30–08:00	Breakfast	Hotels	Missions in Athens
	08:00	Departure to Kalambaka	Athens → Trikala	Hotels: Grand Meteora, Orfeas
	13:00–14:30	Lunch	Hotels	For All
	15:45	Departure for Training	Kalambaka	Athletes, Coaches
	16:00–17:30	Training	Municipal Stadium	For Missions
	20:00–21:30	Dinner	Hotels	For All
	06:30–08:00	Breakfast	Hotels	For All
FRI 27 Feb	08:15	Departure for Training	Competition Venue	Athletes, Coaches
	09:00–11:00	Official Training	Competition Venue	Athletes, Coaches
	11:00	Return to Hotels	Hotels	Athletes, Coaches
	13:00	Press Conference	Grand Meteora	LOC, CISM President, OCR, PCSC + 2 athletes
SAT 28 Feb	13:00–14:30	Lunch	Hotels	For All
	15:00–17:30	Cultural Activity	Meteora	For All
	19:30–21:00	Dinner	Hotels	For All
	06:30–10:00	Breakfast	Hotels	For All
	08:45	Departure for Training	Kalambaka	Athletes, Coaches
	09:00–10:30	Training	Municipal Stadium	Athletes, Coaches
	11:00	Technical Meeting	Grand Meteora Hotel	LOC, OCR, PCSC, CSC, CoMs, Coaches
	13:00–15:00	Lunch	Hotels	For All
	17:00	Departure for Opening Ceremony	NCO’s Academy	For All – Class A Uniform

SUN 1 Mar	18:30–19:30	Opening Ceremony	NCO's Academy	For All – Class A Uniform
	19:30–21:00	Cocktail Reception	NCO's Academy	For All – Class A Uniform
	06:00–07:45	Breakfast	Hotels	For All
	07:50	Departure for Competitions	Competition Venue	For All
	10:00–15:00	Competitions, Award & Closing Ceremonies	Competition Venue	For All
	15:30–17:00	Lunch	Hotels	For All
	17:30–18:30	Gift Exchange	Grand Meteora Hotel	LOC, CISM President, OCR, PCSC, CSCs, CoMs
	18:30	Departure for Closing Banquet	Pylis Megaro	For All
	19:30–22:30	Closing Banquet	Pylis Megaro	For All
MON 2 Mar	All day	Departures	Athens Airport	For All

5. Technical Information

5.1 Communication & WhatsApp Group

A WhatsApp group including all Chiefs of Mission will be created on-site to provide an additional communication platform for immediate updates, schedule changes, and important announcements regarding bus departure times and any procedural modifications.

Chiefs of Mission are kindly requested to use the WhatsApp group only for questions or concerns of general interest to all teams. For individual team matters, please contact the LOC directly.

5.2 Technical Information Center (TIC)

The TIC is located within the Athletic Center “Skamnies”, near the Mixed Zone (MZ) and the Medical Tent (see venue map, marked as [TIC]).

- **Operating Hours:** Friday, 27 February: 09:00 – 11:00; Sunday, 1 March: Throughout the competition.
- **Protests:** Protests must be submitted exclusively by the Chief of Mission at the TIC within 30 minutes of the completion of the relevant event. Only Chiefs of Mission have access to the TIC.

5.3 Technical Meeting

Date & Time: Saturday, 28 February 2026 at 11:00.

Venue: Grand Meteora Hotel.

Attendance: LOC, OCR, PCSC, CSC, Chiefs of Mission (CoMs), and coaches.

The distribution of bib numbers and final confirmations will take place following the Technical Meeting. Any changes to declared athletes must be communicated by the team representatives at this time. After the Technical Meeting, justified changes due to injury, illness (proved with doctor's certification) or other uncontrollable reasons will be possible until the beginning of the respective event, provided that the Technical Director has been previously informed and has accepted the change submitted to the TIC on the respective withdrawal form.

5.4 Accreditation

Each team member will receive an accreditation card, which must be worn at all times and remain clearly visible. Accreditation is non-transferable and does not permit the holder to escort another person beyond checkpoints.

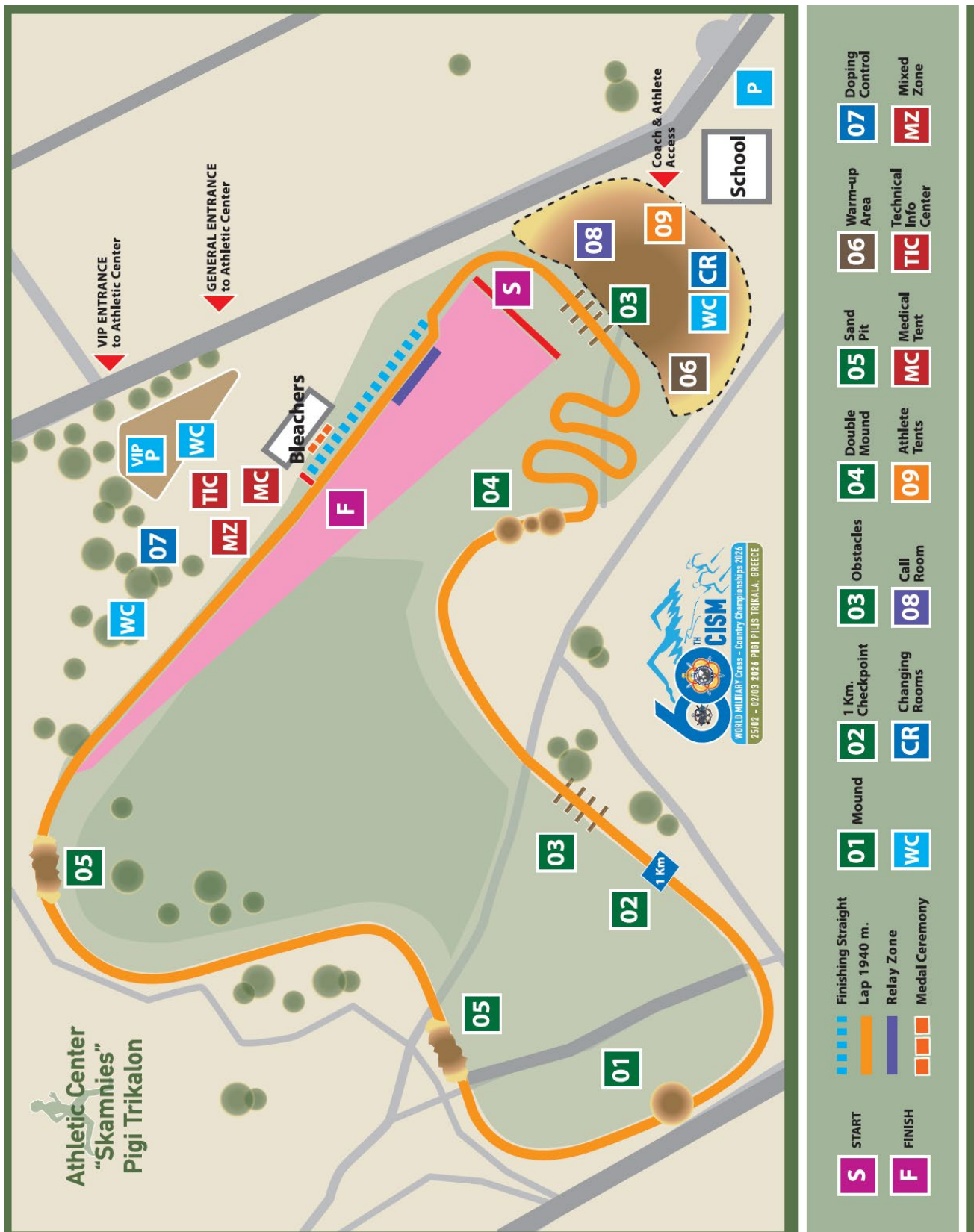
Accreditation cards will be distributed to the Chiefs of Mission following the settlement of all financial obligations. Loss of an accreditation card must be reported immediately to the TIC.

6. Competition Venue

The competition will be held at the Athletic Center “Skamnies”, Pigi Trikalon, Greece.

Location: <https://maps.app.goo.gl/aHneo9XXCDZhZQnUA>





6.1 The Course

The lap is 1,940 meters long and includes both artificial and natural obstacles:

- [01] Mound – [02] 1 Km Checkpoint – [03] Obstacles – [04] Double Mound – [05] Sand Pit

Coaches may observe the races from the outer perimeter of the course.

6.2 Finishing Straight

The finishing straight is approximately 165 meters long. A designated gate will guide athletes toward the Finish Line [F].

6.3 Warm-up Area [06] & Access Rules

Access to the Warm-up Area and through the “Coach & Athlete Access” entrance is strictly limited to athletes and coaches with valid accreditation.

- Upon arrival at the Athletic Center, teams will disembark near the School parking area (see map) and proceed on foot to the athlete tents and warm-up zone.
- The warm-up area includes Changing Rooms [CR], WC facilities [WC], and the Call Room [08].

6.4 Athlete Tents [09]

Team tents will be arranged and marked with the corresponding national flag for easy identification.

6.5 Finish Zone & Services

After crossing the Finish Line [F], athletes are directed to the Mixed Zone (MZ). In close proximity are the Technical Information Center (TIC), the Medical Tent (MC), and the Doping Control Station [07].

6.6 Bleachers & VIP Area

A dedicated section within the bleachers area will be reserved for Chiefs of Mission and VIP guests. VIP guests will access the venue through the designated VIP Entrance.

7. Training Schedule

The LOC has organized a comprehensive training schedule to ensure smooth transportation and allow athletes to familiarize themselves with the facilities. Strict adherence to bus departure times is mandatory.

7.1 Thursday, 26 February 2026 (Training in Kalambaka)

- **15:45** – Departure from hotels.
- **16:00 – 17:30** – Training at the Kalambaka Municipal Stadium (3 km from hotels, approx. 10 min by bus).

7.2 Friday, 27 February 2026 (Official Training at Competition Venue)

- **08:15** – Departure from hotels to the Competition Venue (34 km, approx. 35 min).
- **09:00 – 11:00** – Official training at the Athletic Center “Skamnies”.
- **11:00** – Departure back to hotels.

7.3 Saturday, 28 February 2026 (Training in Kalambaka)

- **08:45** – Departure from hotels.
- **09:00 – 10:30** – Training at the Kalambaka Municipal Stadium.

8. Competition Procedures

Competition Day: Sunday, 1 March 2026

8.1 Competition Timetable

TIME	EVENT
06:00 – 07:45	Breakfast at Hotels
07:50	Departure for the Athletic Center “Skamnies”
10:00	Start – Women’s 8,000m Race (actual distance: approx. 7,900m)
10:50 & 10:55	Award Ceremony – Women’s 8,000m Individual (World & Balkan)
11:05	Start – Men’s 10,000m Race (actual distance: approx. 9,800m)
12:00 & 12:10	Award Ceremony – Men’s 10,000m Individual (World & Balkan)
12:15	Start – Mixed Relay 4×2,000m
13:10	Closing Ceremony – Flags Parade of Participating Countries
13:20 – 14:00	Team Award Ceremonies
14:10 – 15:05	Closing Addresses, Flag Lowering & Official Departure

8.2 Competition Bibs & Timing Chips

Bibs must not be cut, folded, or covered in any way and must be pinned at all four corners.

Individual Events (8,000m Women / 10,000m Men)

Each athlete will receive four (4) bibs:

- **Name Bib with Timing Chip:** Displays the athlete’s name and contains the individual timing chip. Must be pinned to the front (chest).
- **Competition Number Bibs (x3):** Display the unique competition number. Pinned to: back, tracksuit, and bag.

Mixed Relay (Athletes Competing Only in the Relay)

Each relay-only athlete initially receives three (3) competition number bibs (back, tracksuit, bag). The country code bib with the team timing chip will be distributed inside the Call Room and must be pinned to the front (chest).

8.3 Call Room [08] & Control Procedures

Athletes must report to the Call Room before each event. The Call Room is located adjacent to the warm-up area. Access is strictly limited to athletes only, according to the following schedule:

Event	1 st Call	Final Call	Enter Competition Area	Race Start
Women's 8,000m	09:30	09:35	09:50	10:00
Men's 10,000m	10:35	10:40	10:55	11:05
Mixed Relay 4×2,000m	11:45	11:50	12:05	12:15

Call Room Control Procedures

The following checks will be conducted in the Call Room in accordance with CISM and World Athletics rules:

- **Roll Call:** An open call and a final (closing) call will be announced. After the final call, no athletes will be admitted and will be excluded from participation.
- **Bib Number Inspection:** All bibs will be checked for correct placement.
- **Shoe Inspection (SOS):** All competition shoes must comply with World Athletics Technical Rule 5 (TR5). Athletes are solely responsible for ensuring their shoes are listed on the current World Athletics approved list: <https://certcheck.worldathletics.org/FullList>. Non-compliant shoes will result in disqualification.
- **Uniform Inspection:** All team members must wear matching, uniform competition clothing.
- **Personal Items:** Items not permitted in the competition area (phones, cameras, radios, etc.) will be confiscated and returned after the event.
- **Escort to Start:** After all checks, athletes will be escorted to the start area by an official and a volunteer. A 10-minute preparation period and a 5-minute final call to the start line will follow.

8.4 Mixed Relay Procedures

Relay Team Declaration

The relay team composition and running order must be declared by the responsible coach at the TIC at least one (1) hour before the athletes enter the Call Room (i.e., by 10:45 at the latest). All four (4) athletes must report to the Call Room together.

Relay Race Procedure

- After checks, only the first runner proceeds to the Start [S]. A red wristband will be given to the first runner in the Call Room, to be worn at the start.
- After the start, the remaining three (3) athletes are guided by officials to the Relay Zone (purple line on the course map).
- The red wristband functions as the baton and must be exchanged strictly between teammates within the 20-meter Relay Zone. Any exchange outside this zone results in team disqualification.

Relay Distances

- Runners 1–3: approximately 1,940 – 1,960 meters each (depending on the exact hand-off point within the Relay Zone).
- Runner 4 (anchor): approximately 2,100 meters (finishes through the designated finish gate).
- **Validity:** The fourth (final) runner must be wearing the red wristband when crossing the Finish Line [F] for the team's result to be valid.

8.5 Post-Competition Procedures & Ceremonies

Upon finishing, athletes will pass through the Mixed Zone (MZ). Volunteers will then escort them to the warm-up area (approximately 250 meters). Medal winners will remain in the designated area within the Mixed Zone for the award ceremonies. The LOC will deliver their tracksuits to the winners so they can prepare for the ceremony.

All athletes who have medaled are required to be present at the designated area, ready to participate in the medal ceremony dressed in the appropriate team uniform (tracksuit).

9. Medical Services & Doping Control

9.1 Medical Care

The LOC has ensured comprehensive medical coverage for all participants.

Emergency Contacts

Emergency phone numbers are printed on the back of each Accreditation Card. For any issue, contact:

- **PWO Sofia Andriopoulou:** +30 694 793 1632
- **Ensign Stavros Nanakos:** +30 694 445 4727
- **PSgt Chrysostomos Agouros:** +30 698 234 5110

Reference Hospitals

- **Athens:** 251 Air Force General Hospital (251 GNA).
- **Thessaly:** General Hospital of Trikala.

IMPORTANT: In case of a medical incident, no one should go to the hospital unaccompanied. Always contact the LOC emergency contacts listed above.

Medical Coverage at Hotels

A physician and nurse will be stationed at the President Hotel in Athens, will accompany the delegations to Kalambaka, and will be based at the Grand Meteora Hotel. An additional physician will be available near Hotel Orfeas in Kalambaka.

Medical Coverage on Competition Day

The main Medical Tent [MC] is located near the Finish Zone [F] and the TIC. A physician, paramedic, and ambulance will be present on-site. Red Cross first responders and professional paramedics will be stationed at the start area and at regular intervals along the course.

Intervention Rule: In case of athlete injury during the race, only LOC physicians and paramedics are permitted to enter the course. Team physicians may access the Medical Tent [MC] to attend to their athletes.

9.2 Physiotherapy Services

A dedicated space is available within the Warm-up Area [06] for team physiotherapists to prepare their athletes. An LOC physician will also be present. For more serious cases, referral to the Larissa Hospital is available.

9.3 Doping Control

The Doping Control Station [07] is located in a designated building near the TIC. Athletes selected for testing will be notified immediately after the Mixed Zone [MZ] by official chaperones and escorted until the process is completed. Athletes are entitled to be accompanied by one accredited team representative.

10. Live Broadcasting & Media Coverage

Competition day will be broadcast live for fans worldwide:

Live Stream (YouTube): <http://www.youtube.com/watch?v=aQGwIDvFgBA>

Official Website: <https://60cism-wmccc.org/>

Facebook: <https://www.facebook.com/asaed.hellas/>

Instagram: <https://www.instagram.com/asaed.hellas/>

Live Results: Live results will be available through the Roster Athletics platform (link to be announced).

11. Useful Information

11.1 Weather

Late February weather in the Trikala/Kalambaka region can be cool, with average temperatures between 3°C and 13°C. Rain is possible. Teams are advised to bring appropriate warm clothing and rain gear.

11.2 Currency & Payments

Greece uses the Euro (€). Credit cards are widely accepted. All extra charges at hotels must be settled by the Chief of Mission before departure.

11.3 Electricity

Standard European voltage (230V, 50Hz) with Type C and Type F plug sockets.

11.4 Emergency Numbers

- European Emergency: 112
- Medical Emergency (EKAB): 166
- Police: 100
- Fire Department: 199

We wish all delegations a wonderful and memorable Championship!

“Friendship through Sport”

Local Organizing Committee (LOC)
60th CISM World Military Cross-Country Championships 2026

