



**1000m  
HERCULIS**

## **REGULATION AND ATHLETE INFORMATION:**

BE CAREFUL !!! DUE TO THE TRAFFIC AT THE ENTRANCE OF MONACO AND THE NUMEROUS CONSTRUCTION WORKS ON THE HIGHWAY, A VERY EARLY DEPARTURE IS RECOMMENDED.

### **Parking :**

From 9:01 until midnight a flat rate of 5 euros will be in effect in the Stade Louis II parking , from 12.00 in other parkings except Commercial Center.

### **Meeting point :**

Gymnasium located in – 1. Entrance will be from the stadium gatehouse.

### **Bib collection:**

The bibs will be delivered individually UPON PRESENTATION OF AN IDENTITY DOCUMENT. Pick up 30 minutes before the race. Latecomers will not be able to race in other series

### **Call room:**

Athletes must show up 20 minutes before the start of their race, bibs pinned to their chests, spiked shoes in hand.

### **Circulation :**

The athletes will be accompanied on the track, they will be able to get their own spiked shoes in a special room as it is forbidden to wear spikes outside the track.

The exit will be by the same route.

### **ATTENTION! :**

#### **It is strictly forbidden to wear spiked shoes in stadium circulation.**

Companions and access to the grandstands:

Admission will be free from 9:45 to 12:00 and will take place through the H tribune Populaire.

From 13:00 entry is possible upon presentation of a ticket.

The opening of all grandstands to attend the International Meeting will be at 17:30. Any exit will therefore be final.

All athletics club members benefit one free ticket upon presentation of their bib and two more free tickets upon presentation of their 2023 card, at the ticket office (main entry)

Following the signing of the national pact for the energy transition, we will not distribute bottles of water. Please bring your own water bottle.

We are at your complete disposal in the school gym for any request for additional information.