



EUROPEAN
CHAMPIONSHIPS
GYMNASTICS
MUNICH 2022

TEAM MANUAL

GYMNASTICS
11 – 21 AUG 2022



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CHAMPIONSHIPS
MUNICH 2022

EUROPEAN CHAMPIONSHIPS MUNICH 2022

Welcome to Munich and welcome to the European Championships Munich 2022!

The European Championships Munich 2022 will be the biggest multi-sport event in Germany since the 1972 Summer Olympics.

From **11-21 August 2022**, European sport will be united as its best athletes compete for the highest accolade of their sport on the continent – the title of ‘European Champion’. The second edition of the European Championships will feature nine Olympic sports: **athletics, beach volleyball, canoe sprint, cycling, gymnastics, rowing, sport climbing, table tennis, and triathlon.**

Along with Olympiapark at the heart of the event, the entire city will dress up for a glorious and unforgettable spectacle of sport and culture – a fitting way to celebrate a golden jubilee.

In this manual the LOC has summarised all important information you will need to enjoy and experience the European Championships Munich 2022 to the fullest.



SERVUS DEAR ATHLETES

You can find all relevant information for your team via the following website and the QR code:

<https://www.munich2022.com/de/servusdearathletes>



MUNICH 2022 OFFICIAL EVENT APP



All information on the European Championships Munich 2022 at your fingertips: The official event app features the entire programme; be it sports or our festival The Roofs. Follow the competitions via the live blog and live results, get the latest news, compile your own agenda, and complement your Munich 2022 experience. Keep track of all events and discover our venues through the interactive map. The official app is available for Android and iOS – download it now and get familiar with the perfect companion for the multi-sport event.

More information on [munich2022.com/app](https://www.munich2022.com/app).



EUROPEAN ARTISTIC GYMNASTICS CHAMPIONSHIPS MUNICH 2022



* Senior competitions only

TIMETABLE*

MON	AUGUST 08	13:30 – 19:15	WAG Training on Request
TUE	AUGUST 09	09:00	Orientation Meeting
		10:00 – 19:55	Seniors WAG Podium Training
WED	AUGUST 10	12:20 – 19:50	Juniors WAG Podium Training
		18:30	Official Opening of the European Championships Munich 2022
THU	AUGUST 11	10:00 – 20:10	Seniors WAG Qualification incl. All-Around Final
FRI	AUGUST 12	12:20 – 20:00	Juniors WAG Qualification incl. All-Around Final and Team Final
SAT	AUGUST 13	14:00 – 15:50	Seniors WAG Team Final
SUN	AUGUST 14	10:00 – 13:05	Juniors WAG Individual Apparatus Finals
		14:30 – 17:30	Senior WAG Individual Apparatus Finals
		20:30 – 22:30	WAG Farewell Banquet
MON	AUGUST 15	13:30 – 20:00	MAG Training on Request
		20:00	Orientation Meeting
TUE	AUGUST 16	10:30 – 19:00	Seniors MAG Podium Training
WED	AUGUST 17	10:30 – 19:00	Juniors MAG Podium Training
THU	AUGUST 18	10:00 – 20:10	Seniors MAG Qualification incl. All-Around Final
FRI	AUGUST 19	10:00 – 20:30	Juniors MAG Qualification incl. All-Around Final and Team Final
SAT	AUGUST 20	14:45 – 17:30	Seniors MAG Team Final
SUN	AUGUST 21	09:45 – 12:15	Juniors MAG Individual Apparatus Finals
		13:45 – 17:30	Senior MAG Individual Apparatus Finals
		20:30 – 22:30	MAG Farewell Banquet
		22:30	Official European Championships Munich 2022 Closing Party

* All competition timings include Medal Ceremonies

OPENING

The official opening of the European Championships Munich 2022 will take place in Olympiapark on **10 August 2022 at 18:30**, whetting the appetite for 11 action-packed days of high-profile sports and the colourful festival programme.

Olympiapark is one of the most sustainable Olympic sites worldwide and has hosted international music and sports greats, locals, and tourists alike over the past five decades. It is the perfect venue for the opening, which will see the entire park undergo a transformation in three phases: dreamy calm, awakening and shining life. The emphasis is on unexpected and surprising moments, as walking acts, light shows, bands, and many more will take the visitors on an audio-visual journey. Renowned rap artist Marteria and Munich-based brass band Moop Mama will headline the music performances at the Central Roof, with the Central Stage floating on Olympiasee. The opening rings in Munich 2022 and unites all visitors in a celebration of life, filling Olympiapark with plentiful new memories.



All athletes are kindly invited to attend the official opening. To have guaranteed access to the lawn steps ("Rasenstufen") at the Central Stage and enjoy a front-row experience, athletes are asked to pick up a wristband at the Athlete Roof @ Red Bull Energy Station. The wristbands can be collected on **10 August 2022 until 19:00**.

Please note that there won't be any dedicated shuttles to and from the opening. All attendees are kindly asked to take public transport, which can be used free of charge with a Munich 2022 accreditation.

CLOSING PARTY

The Closing Party of the European Championships Munich 2022 will take place on **21 August 2022 starting at 22:30** at Olympiastadion. Every team member is welcome to attend! Please note that you will need a special wristband to access the party. Team Leaders will be informed about the distribution of the wristbands in due time.

FAREWELL BANQUET

We warmly welcome you to the Farewell Banquet, which will take place on **14 August** for WAG Teams and on **21 August** for MAG Teams, starting at **20:30** in the Olympiahalle. In a relaxed atmosphere, you can look back on an exciting week with food and drinks, proudly present won medals and celebrate your last evening in Munich together. The Farewell Banquet is intended to be a kick-off to an evening full of program in the Olympiapark, as well as the Munich 2022 Closing Party on 21 August.

Be part of the multi-sport event and end off your evening in the Olympiapark!

Please note: You can register for the Banquet until 11.08./18.08. at the DID (Info Desk) in Olympiahalle.

	OPENING	CLOSING PARTY	FAREWELL BANQUET
	10 August 2022	21 August 2022	14 August 2022 (WAG) 21 August 2022 (MAG)
	18:30	22:30	20:30
	Olympiapark	Olympiastadion	Olympiahalle

VENUE: MUNICH



Along with the Olympiapark at the heart of the event, the entire city will dress up for a glorious and unforgettable spectacle of sport and culture – **Canoe Sprint** and **Rowing** will revive the regatta from 1972, **Beachvolleyball** and **Sport Climbing** will stand out with a spectacular set-up in the heart of Munich at Koenigsplatz. The Rudi-Sedlmayer-Halle in which the basketball competitions were held in 1972 will now become home for **Table Tennis**. Last but not least, our **Cycling** competitions will take place all around the city as well as in the beautiful Munich surrounding area.



BEACHVOLLEYBALL
Koenigsplatz



ATHLETICS
Olympiastadion,
Munich City Centre



TABLE TENNIS
Rudi-Sedlmayer-Halle



CANOE SPRINT
Munich Olympic
Regatta Centre



CYCLING
Messe Muenchen, Olympiapark,
Murnau a. Staffelsee, Landsberg
a. Lech, Fuerstenfeldbruck



TRIATHLON
Olympiapark



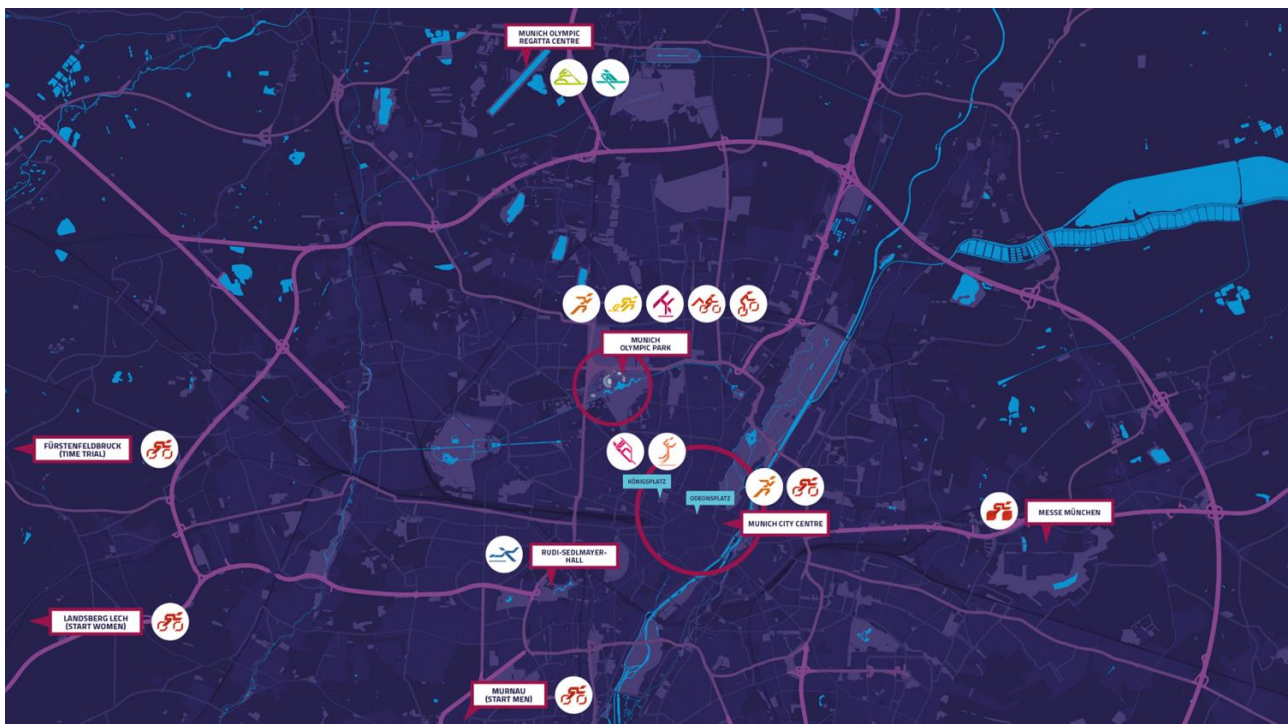
SPORT CLIMBING
Koenigsplatz



ROWING
Munich Olympic Regatta Centre



GYMNASTICS
Olympiahalle



VENUE: OLYMPIAPARK



If you prefer to stay in Olympiapark, you still have enough opportunities to have an exciting time. Athletics, BMX freestyle park, mountain bike cross-country and triathlon are located here, as well.

OLYMPIAPARK MAP OLYMPIAPARK LAGEPLAN



- You are here
Du bist hier
- SPORTS
SPORTARTEN**
- ATHLETICS
- GYMNASTICS
- BMX FREESTYLE PARK
11–13 August 2022
- MTB CROSS-COUNTRY Start & Finish
18–20 August 2022
- MTB CROSS-COUNTRY Nations Team Area
18–20 August 2022
- MTB CROSS-COUNTRY Pro Team Area
18–20 August 2022
- MTB CROSS-COUNTRY Tech & Feed
18–20 August 2022
- MTB CROSS-COUNTRY Track
18–20 August 2022
- TRIATHLON Start & Finish
12–14 August 2022
- TRIATHLON Tracks
12–14 August 2022
- PUBLIC TRANSPORT
ÖFFENTLICHE VERKEHRSMITTEL**
- Bus
- Underground
U-Bahn
- Tram
- PUBLIC AREA
ÖFFENTLICHER BEREICH**
- Food & Drinks
Essen & Trinken
- Munich 2022 Sports Badge Information
Munich 2022 Sportabzeichen Information
- Merchandising
- Info Point



THE ROOFS – FESTIVAL OF MUNICH 2022

- Central Roof
- Partner Roof
- Technology Roof
- Kids Roof
- Art Roof
- Creative Roof
- Heimat Roof
- Capri Roof
- BMW Welt Roof

OVERALL ALLGEMEIN

- Awareness-Team
- ATM
Geldautomat
- Bicycle Stand
Fahrradsänder
- Defibrillator
- Medical Centre (C only open when needed)
Medical Centre (C nur nach Bedarf geöffnet)
- Tickets
- WC
- WC

INTERNAL (ACCREDITATION REQUIRED) INTERN (AKKREDITIERUNG ERFORDERLICH)

- International Broadcast Centre
- Main Accreditation Centre
- Main Media Centre
- Main Volunteer Centre



OLYMPIAPARK: THE ROOFS

Festival of Munich 2022

The Roofs is a festival of diversity and surprise accompanying the European Championships with a mix of music, culture, art, food and much more. Combining big-name headliners with a lovingly curated program. The Roofs creates special moments that make Munich 2022 a holistic event experience. The festival is made up of 11 Roofs, each with their own character and charm. There's something on offer for young and old alike. Plus, the entire programme is free of charge.

[Discover The Roofs](#)



PEACE UPON THE ROOFS - ALL NATIONS SERVICE

We cordially invite you to participate at the Central Roof on 15 August. A spiritual event that celebrates our attitude and faith. It is led by the Protestant Bishop Christian Kopp and the Catholic Pastor Rainer Maria Schießler, together with representatives from the diversity of religions. With the energetic music of 'Good Weather Forecast', with positive energy and above all: Together with you.

OLYMPIAPARK: ATHLETE ROOF @ RED BULL ENERGY STATION

The Athlete Roof @ Red Bull Energy Station in Olympiapark will be the go-to spot for all athletes competing at the European Championships Munich 2022, no matter in which of the nine sports they are participating in. Hanging out with teammates, recharging after the competition, watching events live, cheering on compatriots or getting to know other athletes from all over Europe – the Red Bull Energy Station underlines and bundles the beauty of the multi-sport European Championships.

There's something on offer for everyone to take in the Munich 2022 experience, and much more. The outdoor chill-out area awaits with additional varied activities.

The Athlete Roof @ Red Bull Energy Station is only accessible with an athletes' accreditation, with each athlete allowed to bring one accompanying person.

Please note:

There are two special events planned for **12 and 20 August**, respectively. Food trucks will offer additional catering, incl. vegan and vegetarian options, while DJs will provide musical entertainment and party vibes. For these two nights, the opening hours will be extended until **midnight**.

OLYMPIAHALLE: GYMNASTICS ATHLETE LOUNGE

For short breaks before and after the competition, when you are waiting for your shuttle or just want to relax for a while, the Gymnastics Athlete Lounge in the Olympiahalle is waiting for you. Here you can refresh yourself with snacks and cold drinks, make yourself comfortable in the lounge and have a chat with all the other gymnasts.

ATHLETE ROOF @ RED BULL ENERGY STATION

GYMNASTICS ATHLETE LOUNGE

10 – 21 August 2022 | daily

09 – 21 August 2022 | daily

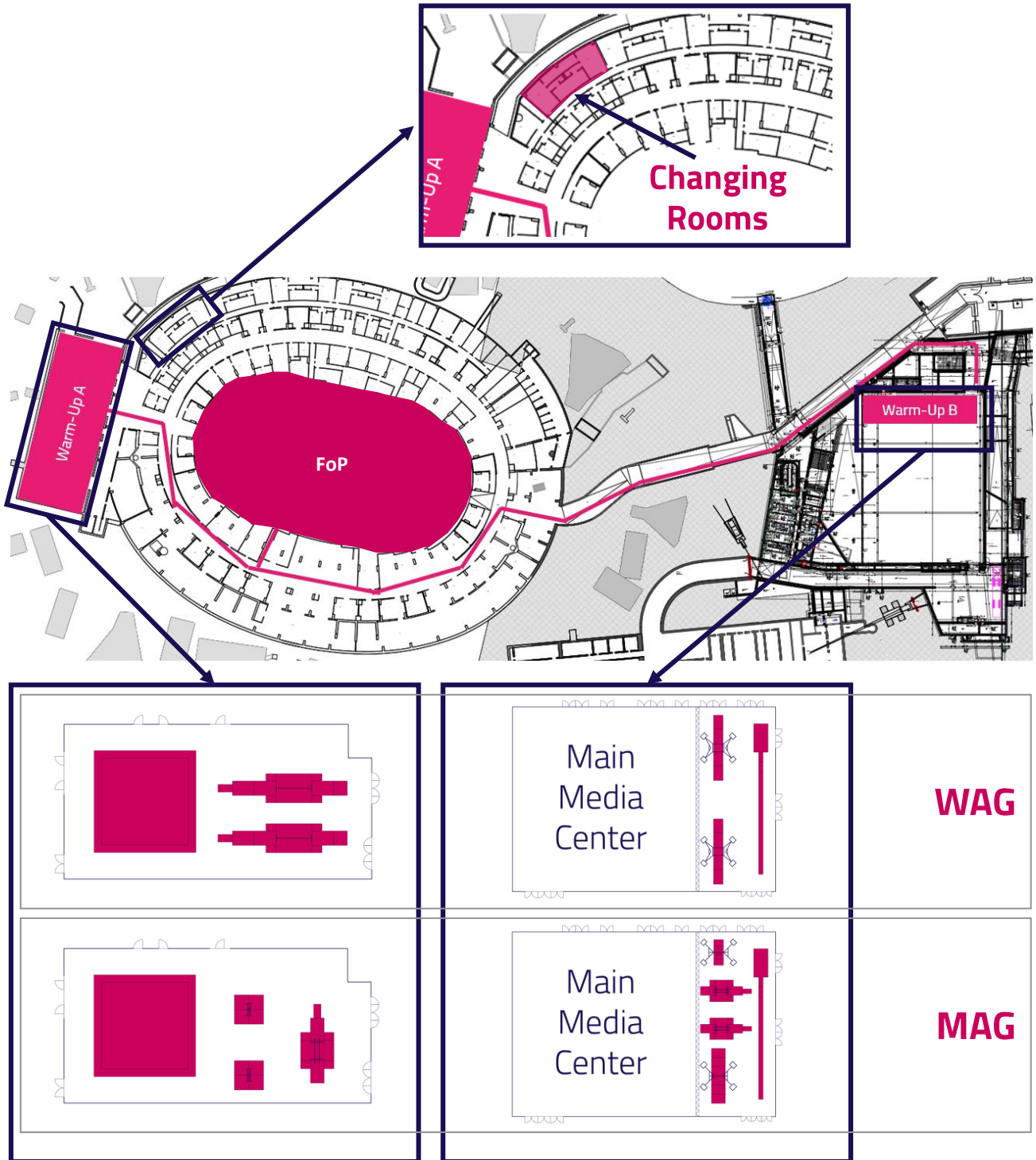


15:00 – 23:00

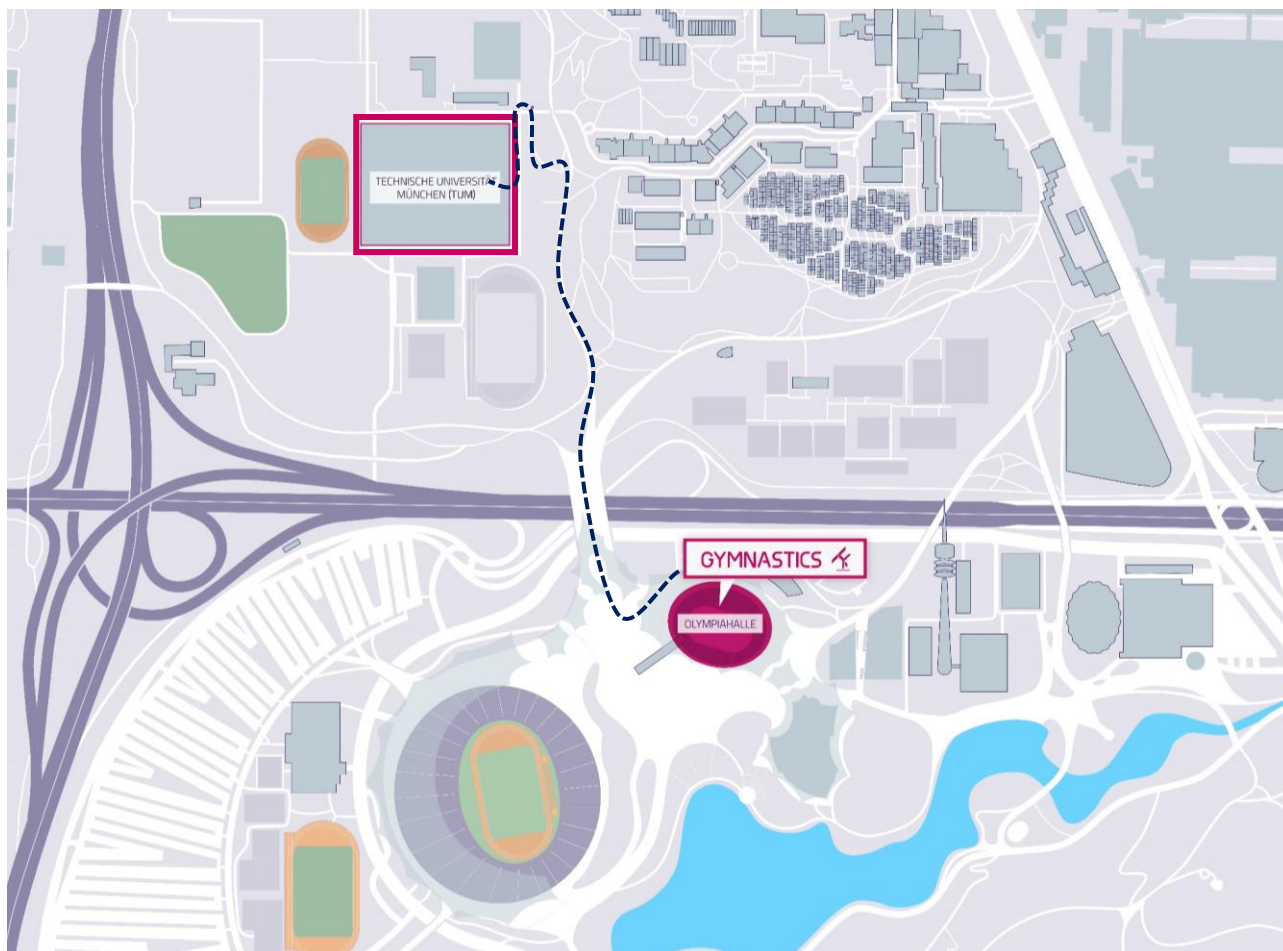
Olympiapark

Olympiahalle

VENUE: OLMPIAHALLE
Competition & Warm-up



 **VENUE: TUM**
Training



Please note:

The walking distance between Olympiahalle (competition & warm-up) and TUM (training) is **max. 10 minutes**.

SHUTTLE

Shuttle will be offered between the official hotels and Olympiahalle according to training and competition sessions.

The exact shuttle times can be found at the Hotel Welcome Desks, at the Delegation Information Desk and via the Gymnastics team website (see page 1 for the QR code).

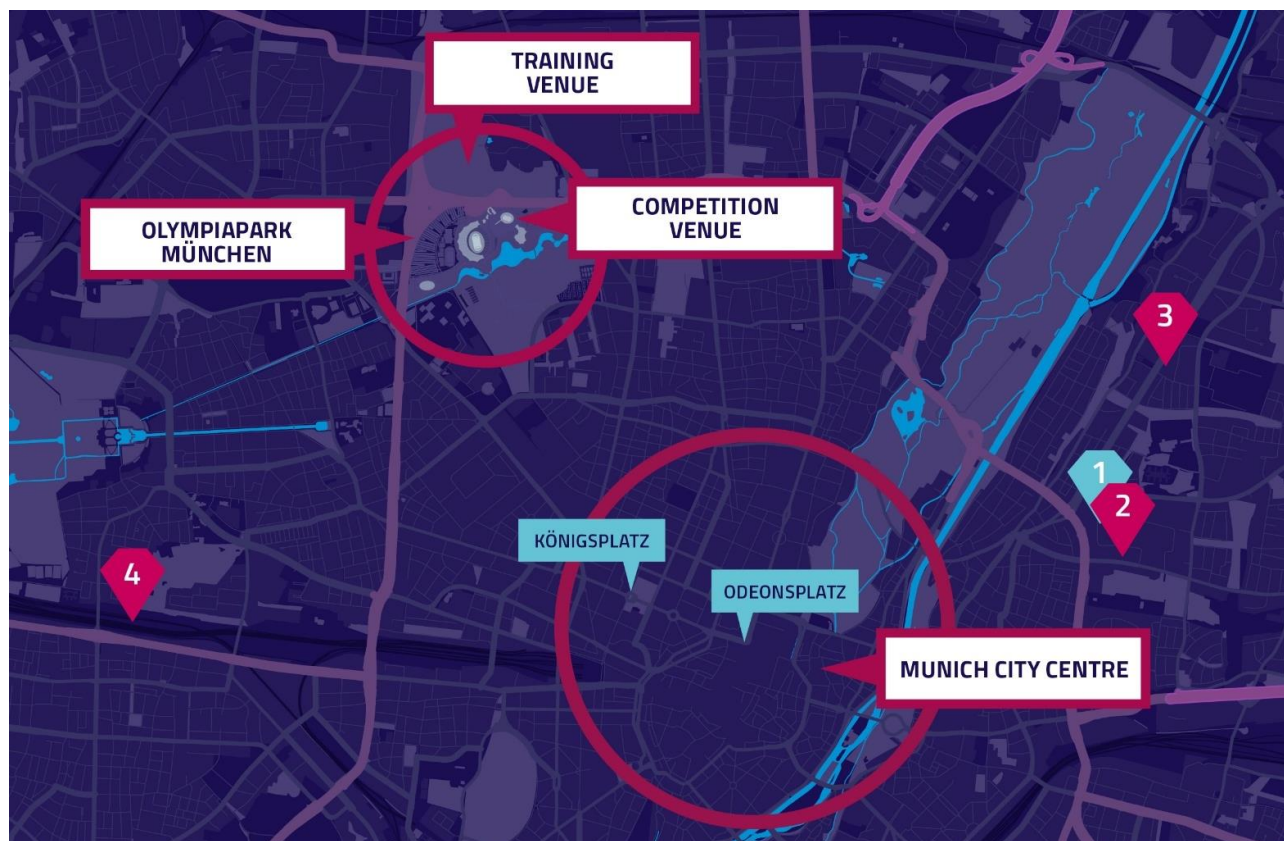


PUBLIC TRANSPORTATION (MVV)

Your accreditation enables you to use all public transportation in and around Munich for free. For more information and public departure times, please see: [MVV muenchen](https://www.mvv-muenchen.de).

ACCOMMODATION

	HOTEL	DISTANCE TO OLYMPIAHALLE (competition & warm-up)	DISTANCE TO TUM (training)	PUBLIC TRANSPORTATION
1	Westin Grand Munich	<ul style="list-style-type: none"> • 7.8 km • 10 min by car • 37 min by public transportation 	<ul style="list-style-type: none"> • 8.0 km • 13 min by car • 38 min by public transportation 	Subway Station <i>Arbellapark</i> (U4) → Munich city centre → Odeonsplatz
2	Four Points by Sheraton Munich Arbellapark	<ul style="list-style-type: none"> • 7.9 km • 11 min by car • 36 min by public transportation 	<ul style="list-style-type: none"> • 8.3 km • 14 min by car • 38 min by public transportation 	Subway Station <i>Arbellapark</i> (U4) → Munich city centre → Odeonsplatz
3	Leonardo Munich Arbellapark	<ul style="list-style-type: none"> • 8.1 km • 10 min by car • 42 min by public transportation 	<ul style="list-style-type: none"> • 9.5 km • 16 min by car • 47 min by public transportation 	Subway Station <i>Arbellapark</i> (U4) → Munich city centre → Odeonsplatz
4	Super 8 Munich City West	<ul style="list-style-type: none"> • 6.5 km • 17 min by car • 37 min by public transportation 	<ul style="list-style-type: none"> • 8.3 km • 14 min by car • 43 min by public transportation 	S-Bahn station <i>Laim</i> → Munich city centre



 **MEAL TIMES**
Teams

	FOUR POINTS BY SHERATON	LEONARDO ARABELLAPARK	SUPER 8 CITY WEST
Breakfast	06:30 – 10:00	06:30 – 10:00	06:30 – 10:00
Lunch	11:00 – 16:00	11:00 – 16:00	11:00 – 14:00 14:00 – 16:00 (Lunchbags)
Dinner	17:00 – 22:30	17:00 – 22:30	17:00 – 22:30

 **MEAL TIMES**
Federation Judges

	WESTIN GRAND	OLYMPIAHALLE
Breakfast	06:30 – 10:00	-
Lunch	11:00 – 16:00	14:15 – 15:30 09 – 12 August 12:45 – 14:15 14 August 12:30 – 14:00 16 – 19 August 12:00 – 13:30 21 August
Dinner	17:00 – 22:30	-

Please note | lunch for NF judges:

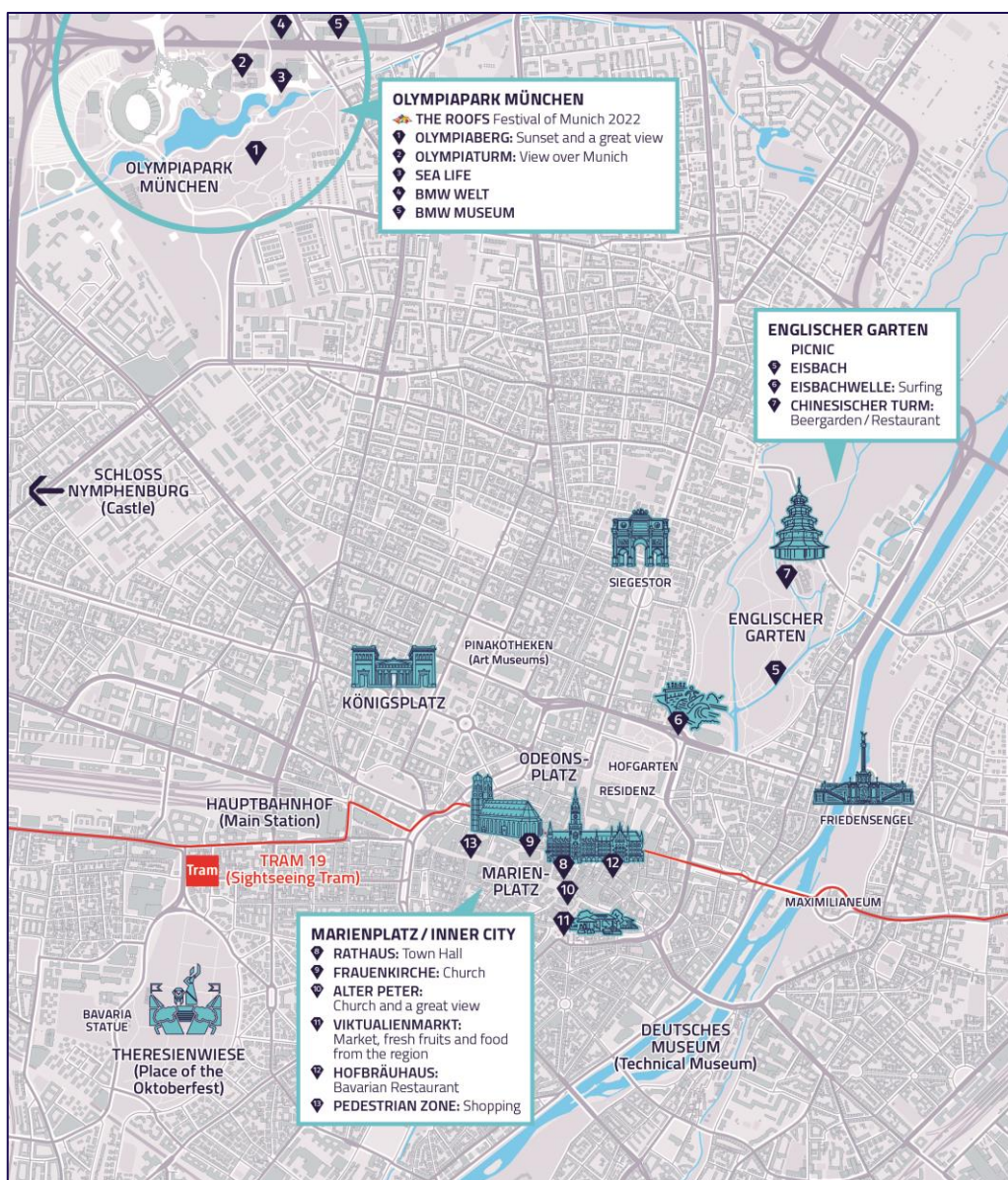
- Lunch in Olympiahalle for **drawn** judges:
09 – 12 August, 14 August,
16 – 19 August, 21 August
- Lunch in Olympiahalle for **not drawn** judges:
09 + 10 August, 16 + 17 August
according to the meal booking of the federation



UNITING AND DIVERSE EUROPEAN CHAMPIONSHIPS - UNITING AND DIVERSE MUNICH



Munich is the perfect host city - not only for the European Championships. The Bavarian capital has something on offer for everybody: Arts, culture and sports are at home here, as are technology and science. Architectural highlights meet green nature, tradition mixes with innovation, and Bavarian cosiness blends with the hustle and bustle of a metropolis. In a nutshell, Munich is liveable, lovable, uniting and diverse - like our European Championships. Munich offers the possibility to come down after a hard training or competition day.



BAVARIAN *BIERGARTEN* (BEERGARDEN) CLOSE TO THE EUROPEAN CHAMPIONSHIPS 2022



1. Großmarkthalle | Traditional Bavarian breakfast (*Weißwurst-Frühstück*)
2. Hotel Westin Grand | Paulaner's Wirtshaus & Biergarten
3. Taxisgarten | 13 minutes walk from Olympiapark
4. Biergarten Chinesischer Turm | Englischer Garten



TICKETS

ATHLETES' TICKETS

In the spirit of the multi-sport event, accredited athletes will have the opportunity to attend events of all nine sports free of charge.

Reservations are generally not possible, and access will be granted onsite and is subject to availability. In general, no tickets will be issued. On site, the athlete can enter the venue through a specially assigned entrance (usually located at the main entrance). Admission will be granted upon presentation of a valid EC2022 accreditation.

There is no fixed entitlement to a seat. As soon as the ticket holder claims her or his seat, the athlete must release the seat and find an alternative available seat. In most venues there will be a designated area for athletes.

The current sales status can be viewed in the European Championships 2022 webshop. By clicking on the corresponding session, the sales status can be seen.

To allow other athletes to access the venue, it is important to use the exclusive entrance again when exiting the venue. This will ensure that the ticketing volunteer frees up a space in the system and another athlete has the opportunity to visit the event.

SPECTATORS' TICKETS

As a multi-sport event, European Championships Munich 2022 hosts nine different sports. There are numerous other sports spectators can enjoy and buy tickets for. Some sports are even free of charge.

Please visit

munich2022.com/tickets

for ticket information and do not hesitate to share this information with your contacts.



COUNT & LAST

ACCESSIBILITY

In case any accessibility/mobility assistance is needed please contact us at inclusion@munich2022.com.

DRINKING WATER

For reasons of sustainability, we are glad to be able to offer our Officials and Judges tap water as drinking water. Tap water in Germany is drinkable. The LOC asks all participants to use reusable water bottles, which can be refilled at taps at the venue. Each official will get his/her own reusable bottle by the LOC.

WASTE MANAGEMENT & CLEANLINESS ON THE SITE

Our Waste management is based on the principles: rethink, reduce, reuse, recycle. In this sense, all together we try to produce as less waste as possible and avoid littering. For recycling we will set up waste stations to sort the waste by type. Additionally, standard bins have been placed at the venue for residual garbage collection. All attendees are encouraged to use the recycling waste stations and bins throughout the venue.

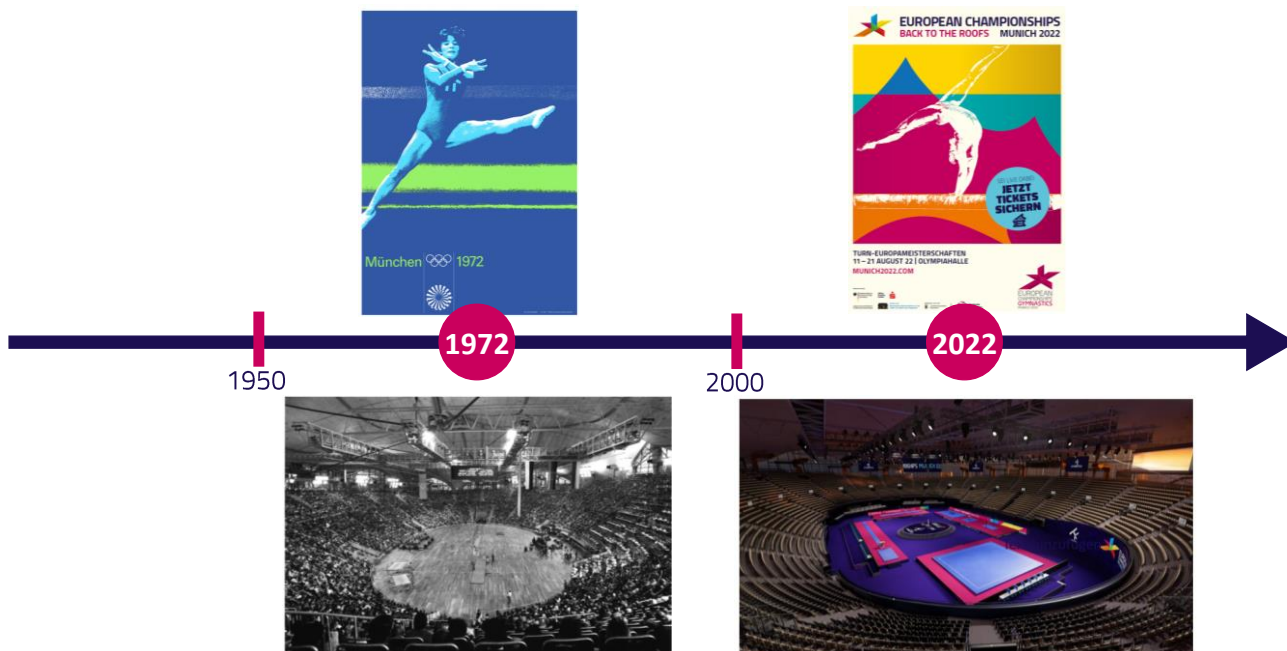
SUSTAINABILITY

As the LOC we are aware of our responsibility towards nature, society and the economy and are committed to actively contribute to local and global sustainability. We have developed a sustainability strategy that prioritises six focus areas:

- (1) Reuse of sports facility and equipment, (2) transport and mobility, (3) waste and littering,
- (4) impact on grassroots and professional sports, (5) inclusion and accessibility, (6) local value creation.

Questions regarding sustainability can be asked at countandlast@munich2022.com

BACK TO THE ROOFS: A TIMETRAVEL OF 50 YEARS



Munich 2022 is an innovative return to the roots of the 1972 Olympic Games. A reminiscence of hospitality, happiness, and community, but also of the victims of the attack on the Israeli Olympic team. The event also stands for a return to a unique and historic location. A return to the legendary architecture of Olympiapark with its world-famous tent roof structure, which once transformed Munich, a village of a million, into an international sports metropolis overnight. This coming home is described by the slogan of the European Championships 2022. "Back to the roofs" is more than a call to come back to Olympiapark, it is a promise to embrace the legacy of the 1972 Olympic Games and to interpret it in a modern and new way.

COVID-19 INFORMATION



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Official Event App

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