



PHUKET 2014
Thailand

TECHNICAL HANDBOOK

4th Asian Beach Games
November 14-23, 2014
Phuket, Thailand



Beach Wrestling







PHUKET 2014
Thailand



Message from the Secretary-General

On behalf of the Phuket Asian Beach Games Organizing Committee (PABGOC), it is an honor for me to welcome you to the 4th Asian Beach Games to be held from November 14 to 23, 2014, in Phuket, Thailand.

Each edition is a testament that the Olympic Council of Asia, together with the Host Cities, have planned and worked hard to make the Asian Beach Games what it is right now – an exemplary Games platform across continents that mixes the elements of fun and intense competition. The fourth edition is bigger and better – a total of 32 disciplines in 23 Sports – which raises the bar for more individuals, teams and delegates to take part in the Asian Beach Games.

PABGOC is more than eager to welcome all participants to the pristine beaches of Phuket. The event definitely promises a perfect setting for the high-level of competition with a magnificent view of the island as the main backdrop.

Our Sports Technical Committee has prepared this Technical Handbook to set the guidelines and regulations pertaining to the sports competition program for the 4th Asian Beach Games. This handbook will serve as a guide to all participants of the fourth edition of the Asian Beach Games that covers the pertinent information about the Games and the technical aspect for each sport.

We wish everyone a productive endeavor in preparation for the 4th Asian Beach Games.

KANOKPHAND CHULAKASEM

Secretary-General

Phuket Asian Beach Games Organizing Committee

Chairman, Sport Technical Committee





OLYMPIC COUNCIL OF ASIA

President

Vice Presidents

Secretary General

Chairman of Information & Statistics Committee

Chairman of Rules Committee

Chairwoman of Women Committee

Chairman of International Relations Committee

Chairman of Advisory Committee

Chairman of Peace through Sport Committee

Chairman of Medical Committee

Chairman of Sports Environment Committee

Chairman of Athletes Committee

Chairman of Sports Committee

Chairman of Sports for All Committee

Chairman of Media Committee

Chairman of Finance Committee

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Chairman of Education Committee

Chairman of Coordination Committee

Members

Director General & Technical Director

OCA Contact Information

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Tele

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Website

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Mr. Timothy Fok Tsun Ting (Hong Kong, China)

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Dr. Rashed Hamed Al Heaiwel Al Sebaie (Saudi Arabia)

Mr. Tsunekazu Takeda

Mr. Manuel Silverio (Macau)

Gen. Souhail Khoury (Lebanon)

Mr. Habib Abdul Nabi Yousuf Macki (Oman)

Mr. Jose Cojuangco, Jr. (Philippines)

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Phuket Asian Beach Games Organizing Committee

Chairman of High Committee

Ms. Yingluck Shinawatra

Prime Minister of The Kingdom of Thailand

Chairman - Board of Directors of the 4th Asian Beach Games 2014

High Committee Members

Mr. Somsak Pureesrisak

Minister of Tourism and Sports of Thailand

Chairman - Organizing Committee

Mr. Kanokphand Chulakasem

Governor of Sports Authority of Thailand

Chairman - Secretariat Office

Chairman - Sports Technical Committee

Pol.Gen. Adul Saengsingkaew

Police Commissioner - General

Chairman - Security and Traffic Committee

Mr. Somsak Chotrattanasiri

Director of Bureau of the Budget

Chairman - Budgeting & Privileges Committee

Mr. Mitri Intusut

Governor of Phuket

Chairman - Accommodation, Transportation and Protocol Committee

Mr. Thawatchai Arunyik

Governor of Tourism Authority of Thailand

Chairman - Public Relations Committee

Mr. Narong Sahametapat, M.D.

Permanent Secretary of Ministry of Public Health

Chairman - Medical and Doping Control Committee

Maj. Gen Charouck Arirachakaran

Vice President & Secretary General of NOCT.

Chairman - Protocol and Ceremony Committee



Sport Federation

International Federation of Associated Wrestling Styles (FILA)

President : Mr. Lalovic Nenad
Secretary General : Mr. Michel Dusson
Address : Rue du Chateau 6 CH-1804 Corsier-Sur-Vevey, Switzerland
Tel. : +41 21 312 84 26
Fax. : +41 21 323 60 73
Email : fila@fila-wrestling.com
Website : <http://www.fila-wrestling.com/>

Asian Associated Wrestling Council (AAWC)

President : Mr. Chang-Kew Kim
Secretary General : Mr. Raj Singh
Address : C/O Korea Wrestling Federation 604 Olympic Centre, 88 OryunDong Seoul,
Republic of Korea
Tel : +82 2 422 3683
Fax : +82 2 2404254
E-mail : kim@fila-wrestling.com

Thai Wrestling Association (TWA)

President : Asst.Prof.Vangsan Suchantabutr
Secretary General : Mr.Krongjak Ngammeesri
Address : Room 264, Rajamangala Institute 286 The Sport Authority of Thailand
Ramkhamhang RD. Huamark Bangkapi, Bangkok 10240
Tel. : +66 2 369 1527
Fax. : +66 2 369 1527
Email : THA@fila-wrestling.com
Website : www.thai-wrestling.com/



Technical Officials

Technical Delegate

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Director of Operations

Email

Director of Sports

Email

Deputy Cluster Director

Email

Sports Competition Manager

Email

Competition Manager

Email

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Ginio Panganiban

ginio11160@gmail.com

Flt.Lt. Usanee Wongsalangkarn

usanee@phuketthailand2014.com

Mr.Jarin Nopharat

jarinnop@hotmail.com



Member Countries & Regions

No.	Country/Region	Country Code	Region Code
1	 Afghanistan	AFG	SA
2	 Bahrain	BRN	WA
3	 Bangladesh	BAN	SA
4	 Bhutan	BHU	SA
5	 Brunei Darussalam	BRU	SEA
6	 Cambodia	CAM	SEA
7	 China	CHN	EA
8	 D.P.R. Korea	PRK	EA
9	 Hong Kong, China	HKG	EA
10	 India	IND	SA
11	 Indonesia	INA	SEA
12	 Iran	IRI	WA
13	 Iraq	IRQ	WA
14	 Japan	JPN	EA
15	 Jordan	JOR	WA
16	 Kazakhstan	KAZ	CA
17	 Korea	KOR	EA
18	 Kuwait	KUW	WA
19	 Kyrgyzstan	KGZ	CA
20	 Laos	LAO	SEA
21	 Lebanon	LIB	WA
22	 Macau, China	MAC	EA
23	 Malaysia	MAS	SEA
24	 Maldives	MDV	SA
25	 Mongolia	MGL	EA
26	 Myanmar	MYA	SEA
27	 Nepal	NEP	SA
28	 Oman	OMA	WA
29	 Pakistan	PAK	SA
30	 Palestine	PLE	WA
31	 Philippines	PHI	SEA
32	 Qatar	QAT	WA
33	 Saudi Arabia	KSA	WA
34	 Singapore	SIN	SEA
35	 Sri Lanka	SRI	SA
36	 Syria	SYR	WA
37	 Chinese Taipei	TPE	EA
38	 Tajikistan	TJK	CA
39	 Thailand	THA	SEA
40	 Timor-Leste	TLS	SEA
41	 Turkmenistan	TKM	CA
42	 United Arab Emirates	UAE	WA
43	 Uzbekistan	UZB	CA
44	 Vietnam	VIE	SEA
45	 Yemen	YEM	WA



Quick Facts about Phuket

Introduction to Phuket

Phuket is an island connected by bridges to southern Thailand's Andaman Sea coast, in the Indian Ocean, lying between 7°45" and 8°15" north latitude, and from 98°15" to 98°40" west longitude on the map. Phuket, Thailand's largest islands, is surrounded by 32 smaller islands that form part of the same administration, with a total area of 570 square kilometers. Measured at its widest point, Phuket is 21.3 kilometers; at its longest, 48.7 kilometers.

Phuket's weather conditions are dominated by monsoon winds that blow year round. It is therefore always warm and humid. There are two distinct seasons, rainy and dry. The rainy season begins in May and lasts till October, during which the monsoon blows from the southwest. The dry season is from November through April, when the monsoon comes from the northeast.

Transportation / Getting Here

Phuket Airport is now an international airport, so Phuket can be reached directly from points all over the world.

Bangkok Airways and Phuket Air have daily flights connecting Phuket with Bangkok, Pattaya and Samui. Thai Airways has numerous daily flights servicing the Bangkok-Phuket route. In addition, they have regular flights connecting Phuket with Hat Yai, Surat Thani, and Narathiwat.

From Bangkok the total distance is about 867 kms. Bus transport includes both air and non-air conditioned coaches leaving from Bangkok's Southern Bus Terminal several times a day.

Recreation

Phuket offers an unrivalled selection of water sports, including deep-sea fishing, snorkeling and scuba diving. The area has become one of Asia's premier yachting destinations with yachts from every continent represented in Phuket's marinas.

There are four world-class golf courses on the island. Other activities include mountain biking, go carting, bungee jumping, horseback riding and shooting.

Spend a morning indulging in your favorite water sport, and then spend your afternoon on an elephant safari. Lie by the beach all day, or visit a spa and get thoroughly pampered. Choose to do nothing or everything - the opportunities are endless.

Attractions

Phuket is incredibly diverse, with rocky and sandy beaches, tall cliffs, forests, waterfalls and temples.

Of course, Phuket's limestone cliffs and palm-fringed tropical beaches are its biggest attractions. Each of Phuket's many beaches has a character and charm of its own and is separated from its neighbors by picturesque headlands. From busy fun beaches, to secluded coves of fine white sand, there is bound to be at least one to suit the mood and mindset of every visitor to the island.

Visitors to Phuket Province generally head for the sea, but the interior is worth exploring for its vivid patchwork of plantations and rice paddies. Take a trek into the island's jungles on an elephant's back or hike through the virgin forests of Khao Phra Thaew, the last remaining rain forest of the island.



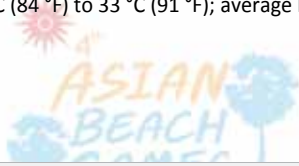
Nightlife Shopping & Dining

Phuket offers so much for everyone. Walk through some bustling open-air markets laden with the freshest seafood, fruits, vegetables, and sample from vendors selling all manner of tasty treats. Visit some of Phuket's up market boutiques and antique stores situated in renovated Chinese shop houses, or Sino-Portuguese buildings.

Not only do most of the major hotels and resorts offer a wide selection of quality international restaurants and bars, featuring cabaret shows and live music, but every tourist centre has numerous other entertainment venues. Patong is undoubtedly the epicenter of the island's entertainment scene, boasting a wealth of bars, clubs, live music, and cabaret shows, yet there is still plenty to discover around the island, with Kata/Karon and Phuket town offering such a diverse range of clubs and nightspots that it's difficult to know where to start.

Weather and Climate of Phuket

Phuket has a tropical climate, more specifically a tropical monsoon climate, with a dry season from November to April and a rainy season from May to October. Average temperatures are consistent year-round. Average highs range from 29 °C (84 °F) to 33 °C (91 °F); average lows range from 23 °C (73 °F) to 26 °C (79 °F).



Climate data for Phuket													
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average high °C (°F)	31.8 (89.2)	32.9 (91.2)	33.5 (92.3)	33.4 (92.1)	32.0 (89.6)	31.6 (88.9)	31.2 (88.2)	31.2 (88.2)	30.7 (87.3)	30.9 (87.6)	31.0 (87.8)	31.2 (88.2)	31.8 (89.2)
Daily mean °C (°F)	27.9 (82.2)	28.7 (83.7)	29.3 (84.7)	29.5 (85.1)	28.4 (83.1)	28.3 (82.9)	27.8 (82.0)	27.9 (82.2)	27.3 (81.1)	27.4 (81.3)	27.5 (81.5)	27.6 (81.7)	28.1 (82.6)
Average low °C (°F)	23.3 (73.9)	23.7 (74.7)	24.3 (75.7)	24.8 (76.6)	24.5 (76.1)	24.5 (76.1)	24.2 (75.6)	24.4 (75.9)	23.9 (75.0)	23.8 (74.8)	23.8 (74.8)	23.7 (74.7)	24.1 (75.4)
Precipitation mm (inches)	29.8 (1.17)	20.9 (0.82)	49.1 (1.93)	121.9 (4.79)	319.4 (12.57)	268.9 (10.58)	290.5 (11.43)	272.6 (10.73)	399.0 (15.70)	309.6 (12.18)	175.7 (6.91)	59.4 (2.33)	2,316.8 (91.21)
Avg. rainy days	4	3	5	11	21	19	19	19	23	22	16	8	170
Mean monthly sunshine hours	286.2	271.5	282.3	247.9	188.5	139.5	172.6	174.1	143.2	179.8	197.1	244.3	2,527.0



PHUKET 2014 Thailand

The emblem of the 4th Asian Beach Games was driven by Phuket's very own beauty and by one of Phuket's most mesmerizing sceneries of Laem Promthep with such beauty that Phuket possesses, Phuket is also widely recognized as the Pearl of the Andaman and the Southern Paradise" where athletes, spectators and tourists could enjoy watching the ongoing game while at the same time allowing themselves to serenely sink into the spell-binding beauty of Phuket beaches and sceneries. The two palm trees standing side by side represents the coming together of athletes and of all participants from different nations and races, to unite and to participate together in the 4th Asian Beach Games.

As for the middle, the Asian Beach Games is the center of this beautiful bonding between the races in which the athletes represents. The ocean waves tinted in the color of the Thai flag symbolizes the qualities in which Thailand possesses; the Thai flag swirling could be understood as a representation of the determination of the athletes in participating in the competition.



"Sea turtle" is a symbol of endurance fertility, sustainability and growth. As Phuket is a home to many rare species of sea turtle, it is a chance to announce to the participants of the 4th Asian Beach Games and also to the public that Thailand pays great attention and an important role to the conservation of sea turtle.

As sea turtle are amphibious creatures, living both on land and in the sea, the 4th Asian Beach Games will have both beach sports and water sports which at the same time is an excellent symbol of the relationships of the different countries in Asia.

The name Sintu (สินธุ์), Sakorn (สาคร), Samut (สมุทร) shares the same meaning of water. Could be metaphorically be compared to the qualities of athletes which includes the qualities such as tolerance, tranquility, unity, acceptance, sportsmanship and friendship.



4th ABG COMPETITION VENUES

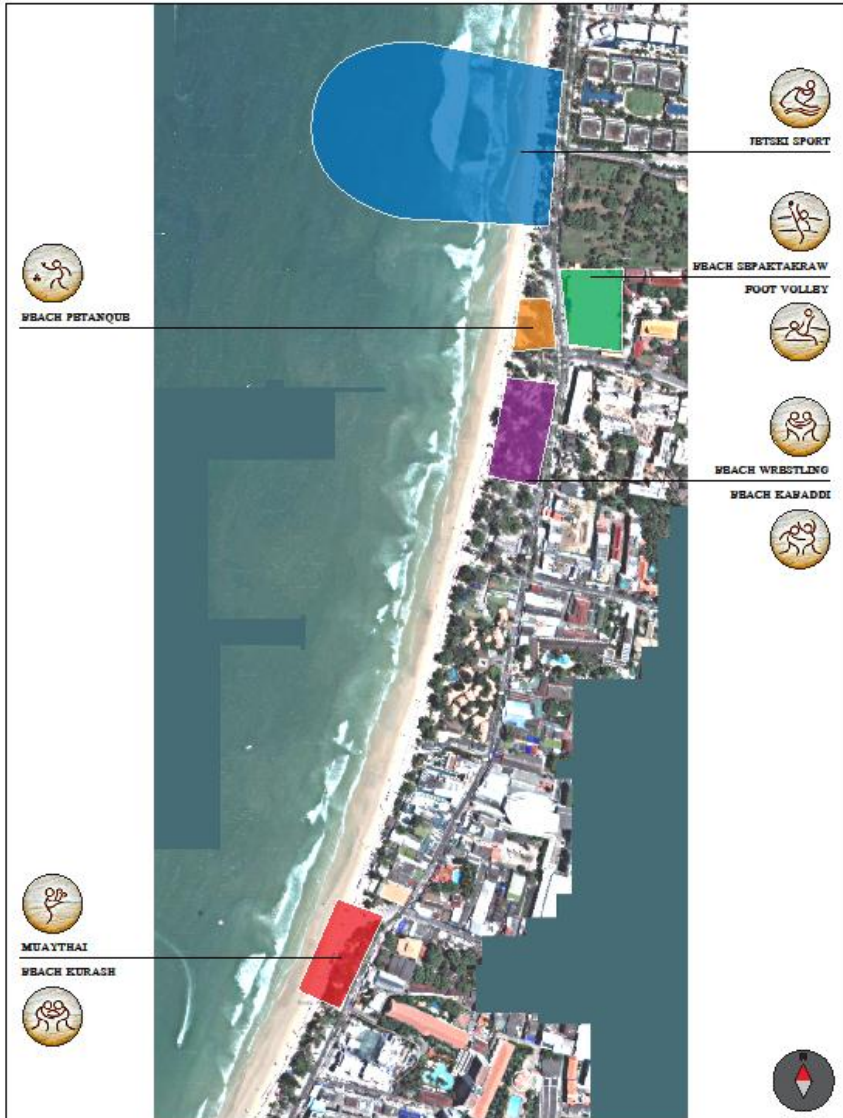
- PATONG NORTH 1**
 - Beach Wrestling
 - Beach Kabaddi
 - Petanque
- PATONG NORTH 2**
 - Beach Sepaktakraw
 - Foot Volley
- PATONG NORTH 3**
 - Jetski Sport
- PATONG CENTRAL BEACH**
 - Muaythai
 - Kurash
 - Ju-Jitsu
- KARON NORTH 1**
 - Beach Waterpolo
 - Body Building
 - Beach Basketball
 - Squash
 - Marathon Swimming
- KARON NORTH 2**
 - Beach Handball
 - Sailing/Windsurfing
- KARON CENTRAL BEACH**
 - Beach Volleyball
 - Sambo
- KARON SOUTH BEACH**
 - Woodball



- NAIYANG**
 - Triathlon
 - Beach Modern Pentathlon
 - Beach Athletics
- ANTHEM WAKE PARK**
 - Waterski (Cable Wakeskate)
- BANGNEOW DAM**
 - Waterski
- CHAOFAMINE**
 - Air Sport
- SAPHAN HIN 1**
 - Beach Soccer
 - Beach Flag Football
- SAPHAN HIN 2**
 - Extreme Sport
 - Sport Climbing



VENUE : PATONG BEACH



Technical Delegate Profile



Assist. Prof. Vangsan Suchantabutr

- 1975-2000 Lecturer at Kasetsart University
- 1997-2012 FILA referee
- 2008-2013 President of the Thai Wrestling Association
- 2009-2016 AAWC Member, is responsible for the South East Asian Wrestling members of 8 countries



Competition Technical Information

The 4 th Asian Beach Games Phuket 2014								
Beach Wrestling								
No.	Events	Number of Athletes		Maximum Number of Athletes	No. of Medals			
		Men	Women		Gold	Silver	Bronze	Total
1	Men Freestyle (weight under 70 kg.)	1	0	1	1	1	2	4
2	Men Freestyle (weight under 80 kg.)	1	0	1	1	1	2	4
3	Men Freestyle (weight over 90 kg.)	1	0	1	1	1	2	4
4	Women Freestyle (weight under 50 kg.)	0	1	1	1	1	2	4
5	Women Freestyle (weight under 60 kg.)	0	1	1	1	1	2	4
6	Women Freestyle (weight over 70 kg.)	0	1	1	1	1	2	4

**Each participating NOC can enter only one (1) athlete per category.
Maximum Number of Athletes for each National Olympic Committee : 6**

1. Date and Place

Beach Wrestling (BWR) competition for the 4th Asian Beach Games Phuket 2014 will be held in Phuket, Thailand from 15 - 17 November 2014 at Patong Beach

2. Competition Venue

Beach Wrestling (BWR) Venue is located at Patong Beach

3. Events

Beach Wrestling (BWR) competition will comprise of 6 Events

Men Freestyle (weight under 70 kg., weight under 80 kg., weight over 90 kg.)

Women Freestyle (weight under 50 kg., weight under 60 kg., weight over 70 kg.)

4. Competition Schedule

Date	Time	Event
14.11.2014	09.00-10.00	Team Leader Meeting
	10.00-11.30	Referees Course
	Till 11.00	Final Entries for Men -70 kg.-Women -50 kg.
	11.30-12.30	Medical Examination Men -70 kg.-Women -50 kg.
	12.30-13.00	Weigh in Men -70 kg.-Women -50 kg.
15.11.2014	09:00-12:00	Qualifications Rounds and Repechage Men -70 kg.Women -50 kg.
	Till 12:00	Final Entries for Men -80 kg.-Women -60 kg.
	15:00-16:00	Medical Examination -Men -80 kg.-Women -60 kg.
	16:00-16:30	Weigh in Men -80 kg.-Women -60 kg.
	16:30-18:30	Final Men -70 kg.-Women -50 kg. Award Ceremonies
Date	Time	Event
16.11.2014	09:00-12:00	Qualifications Rounds and Repechage Men -80 kg.Women -60 kg.
	Till 12:00	Final Entries for Men+90 kg.-Women +70 kg.
	15:00-16:00	Medical Examination Men +90 kg.-Women +70 kg.
	16:00-16:30	Weigh in Men +90 kg.-Women +70 kg.
	16:30-18:30	Final Men -80 kg.-Women -60 kg. Award Ceremonies



17.11.2014	09:00-12:00 16.00-18.00	Qualifications Rounds and Repechage Men+90 kg.Women+70 kg. Final Men +90 kg.-Women +70 kg. Award Ceremonies
18.11.2014		Departure

5. Eligibility

- 5.1** The **4th Asian Beach Games Wrestling Competitions** is reserved for athletes representing the National Olympic Committee affiliated to the Games Federation.
- 5.2** Only competitions who comply with the conditions laid down in the **OCA** Constitution in the Games Federation and the **FILA** Rules are entitled to participate.
- 5.3** Each wrestler must possess a **FILA** International Competitor's Medical License, valid through 2014. A medical examination must be carried out in the competitor's home country before taking part in the **4th Asian Beach Games**, and the results must appear on the license.

6. Entries

- 6.1** Entries of each participating NOC must be submitted in accordance with the regulations laid-out by **PABGOC**.
- 6.2** Deadline for Entry by Number Forms (Preliminary)
Each participating **OCA** member NOC must submit Entry by Number Forms to **PABGOC** by 4.00hrs Thailand local time (GMT +7) by 30 June 2014. This form may be submitted by fax. Original form must be presented during the DRM. **PABGOC's** detailed address, telephone and fax may be found on the entry form.
- 6.3** Deadline for Entry by Name Forms (Final)
The Entry by Name Forms must be received by **PABGOC** no later than 31 August 2014 at 24.00hrs Thailand local time (GMT +7). The completed Entry by Name Forms must be submitted for each athlete and must include all necessary information including athlete's full name.
NOC may make changes or submit amended Entry by Name Forms up to and including the day of deadline, but no such amendments will be permitted after the deadline.
- 6.4** Both Entries by Number and Name Forms may be sent by fax and subsequently confirmed with stamped original by posting to the following address:

Sports Entries/4th ABG

c/o **Tatchanart Tongprakob**

Sports Directorate, Phuket Asian Beach Games Organizing Committee
13th Floor, SAT Building, 286 Ramkhamhaeng Road, Huamark, Bangkok,
Bangkok, Thailand 10240

Email: tatchanart.t@phuketthailand2014.com

Tel. No. +66 2186 7178 Fax No: +66 21867537

6.5 If forms are sent by e-mail or fax, the Chef de Mission must bring the original Sports Entry Forms during the Delegation Registration Meeting (DRM).

6.6 Any late entries will be decided by OCA for acceptance or rejection.

7. Technical Meetings

Technical Delegate and Technical Officials Meeting will be held at 09.00 on 14th November at the Hotel at Patong General Technical Meeting of Team Managers/Coaches will be held at 09.00 on 14th November at the Hotel at Patong

8. General Rules and Regulations

Technical Organization

THAI Wrestling Association under the guidance of technical delegate is responsible for the Technical organization of the Beach Wrestling competition, in collaboration with the Asian Associated Wrestling Council (**AAWC**). **OCA**, with justified reason, may propose to **AAWC** some changes of international technical official.

Weigh – In and Drawing of Lots

Weigh – in for Men and Women will be supervised by the Technical Delegate, and will be held at a designated venue one (1) day before competition. The weigh – in will be held in accordance with the **FILA** Rules. Competitors who fail or are late for the weigh – in will be disqualified. The drawing of lots will take place one day before the competition at the weigh – in area. Each competitor must a number. The schedule for the weigh – in and draw will be announced later.

Accommodation and Transportation

The Organization Committee will pay expenses for accommodation, meals and local transportation of the Technical Delegate and Technical officials appointed by the **AAWC** must be borne by the NOC / National Wrestling Association of those respective countries.

9. Draw Event

The drawing of lots will take place one day before the competition at the weigh – in area. Each Competitor must a number. The schedule for the weigh – in and draw will be announced later.

10. Technical Officials

10.1 Referees and Officials

The referees for this competition will be **FILA** referees recognized by **AAWC**, who possess a license with valid **FILA** stamp for 2014.

10.2 Technical Officials

International technical Officials will be appointed by **AAWC**.

11. Protests and Appeals

Protest and complaints will be handled according to the regulations of the **FILA**. The participating NOC has the right to appeal to CAS against the decision of **AAWC**.

12. Dress Codes

The apparatus and clothes of the Beach Wrestling athletes and other relevant personnel should conform to the regulations stipulated by **Olympic Council of Asia (OCA)**

13. Sports Equipment

Equipment and facilities will be in accordance with the regulation of Specifications set by the **FILA / AAWC**.



14. Penalties in Case of Fraud

A competitor proven to have fraudulently transgressed the Rules and Regulations of the Games Federation, shall be disqualified and lose any position he/she may have gained. If this competitor's member organization is proven to have been a party to the fraud, his/her NOC may be disqualified in the sport involved, by **OCA** decision.

15. Doping Control/Gender Verification

15.1 Doping Control for all event of the **PHUKET 2014, 4th Asian Beach Games** will be conducted According to **OCA** Medical Committee directions and will follow the procedures specified by the **World Anti Doping Agency (WADA)**

15.2 Gender Verification tests may be carried out in accordance with the **OCA** Constitution and Rules.

15.3 Competitors who are chosen to be tested will be notified after the match or out competition. When notified, the competitors must proceed to the Doping Centre in due time for examination. The competitor must bring an AD/ID Card along for verification. Those who are notified but do not arrive in time at the centre will be treated as testing positive. Competitor must be either accompanied by team manager, coach or team doctor.

16. Victory Ceremonies

The ceremony will be in Thai and English. Medals, flowers and mascot bearers will enter the field-of-play and take position. Players will be escorted to the podium. The medals will be presented by the **OCA** President or his representative or by the **AAWC** representative. The national anthem of the gold medalist will be played and the flag of the winners will be hoisted. Winners must wear their NOC official sport uniform.

17. Media Interviews

Competitors should go through the mixed-zone after their contest whenever there is a mixed-zone set up. Competitors will be invited to attend press conferences/interviews when requested.

18. Approval of the Technical Handbook

This Technical Handbook was approved by **AAWC**

General Clause:

Changes or revisions may be made after publication of this Technical Handbook. For reference and guidance, appropriate updates will be disseminated through the NOC.





PHUKET 2014

Thailand





Celebrate Charming
Sunshine

