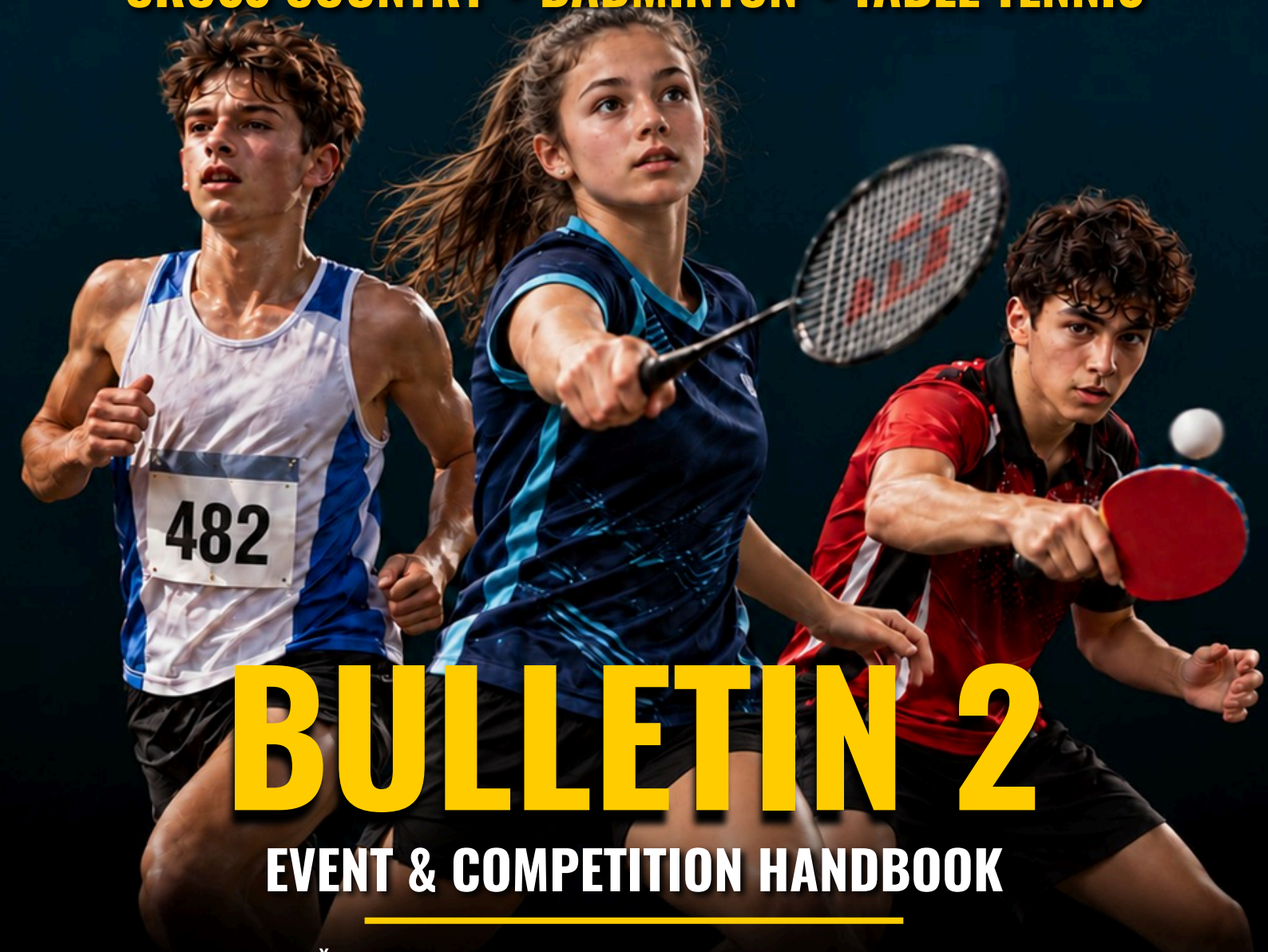
EUROPEAN SCHOOL SPORT FEDERATION

MULTISPORT EVENT 2026

CROSS COUNTRY • BADMINTON • TABLE TENNIS



BULLETIN 2

EVENT & COMPETITION HANDBOOK

POREČ • CROATIA | 03-07 NOVEMBER 2026

FAIR PLAY SPIRIT OF SPORT

PLAVA LAGUNA

roundglass living

REPUBLIC OF CROATIA Ministry of Tourism

NAVIGATION

Contents

A practical guide for delegations, coaches and competition officials.

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QUICK INTRODUCTION

Welcome to Poreč

We are delighted to welcome you to Poreč, Croatia for the ESSF Multisport Event 2026. This handbook provides key information to help your delegation prepare for a safe, well-organised and enjoyable event.



THE EVENT

The ESSF Multisport Event 2026 will bring together students from across Europe for a week of competition, cooperation and cultural exchange. The event offers a diverse programme of sport and educational activities in a unique coastal setting, providing an inspiring experience for all participants. We look forward to welcoming your delegation to Poreč and to a memorable week of sport, friendship and shared values.

YOUR DELEGATION

This handbook contains essential information for team leaders, coaches and participants, including details on accreditation, accommodation, competition venues, transport, and general arrangements.
Please read the information carefully and share it with all members of your delegation to ensure a smooth and successful event.
Any changes will be communicated using the contact details provided in ESSapp.

ESSENTIAL INFORMATION

Event at a glance

The key information your delegation needs, all in one place.

EVENT DATES
03-07 NOVEMBER 2026

LOCATION
Poreč, Croatia

AGE CATEGORY
U18

SPORTS
- Cross Country
- Badminton
- Table Tennis

OFFICIAL ACCOMMODATION



Hotel Albatros – Plava Laguna
Ul. Zelena Laguna 20, 52440 Poreč, Croatia

OFFICIAL PORT OF ENTRY



Pula Airport
Approx. 60 km from the hotel

WEATHER IN POREČ

Indicative forecast, please check for updates before departure



LOC CONTACT
Croatian School Sport Federation
Email: ured@skolski-sport.hr
Phone/WhatsApp: +385 95 371 9808

KEY EVENT MOMENTS

03 NOV
- Arrival & Accreditation
- Heads of Delegation (HoD) Meeting
- All-Sports Technical Meeting
- Official draw for Badminton and Table Tennis
- Official bib number collection for Cross Country

04 NOV
- Badminton competition
- Table Tennis competition
- Cross Country – Individual competition
- Opening Ceremony

05 NOV
- Badminton competition
- Table Tennis competition
- Cross Country – Team competition

06 NOV
- Cultural Day – City tour of Pula
- Nations Night
- Awards Ceremony
- Official Closing Ceremony
- Gala Dinner

07 NOV
- Departure of delegations

See the relevant handbook sections for full schedules, venue details and sport regulations.

TRAVEL & LOGISTICS

Arrival & Departure

ARRIVAL • 03 NOVEMBER 2026
Unless otherwise agreed with the LOC

DEPARTURE • 07 NOVEMBER 2026
Unless otherwise agreed with the LOC

PULA AIRPORT — APPROX 60 KM — **HOTEL ALBATROS PLAVA LAGUNA**

OFFICIAL PORT OF ENTRY

Pula Airport is the official port of entry for the ESSF Multisport Event 2026 and the main international gateway to the Istria region. It is located approximately 60 km from the official event hotel, Hotel Albatros – Plava Laguna. The LOC will organise transfers between Pula Airport and the official accommodation for registered delegations arriving and departing on the official event dates. Travel to and from Croatia is to be arranged and financed individually by each delegation.

ALTERNATIVE ARRIVAL POINT

Delegations wishing to arrive at or be collected from another airport or transport point must contact the LOC in advance via its official contact details. Alternative transfers are subject to prior confirmation and the LOC's transport arrangements. Please do not assume that a transfer from another location is available until it has been confirmed by the LOC.

MEETING POINT & DELAYS

After collecting your luggage, please proceed to the main exit of the arrivals area, where an LOC representative will be waiting to meet you.
In case of a delayed or changed flight, please contact the Transport Coordinator as soon as possible and provide your updated arrival details.

OWN TRANSPORT

Delegations travelling by private vehicle should proceed directly to the official accommodation:
Hotel Albatros – Plava Laguna
Ul. Zelena Laguna 20
52440 Poreč, Croatia
Please inform the LOC in advance of your estimated arrival time so that a representative can be available to welcome you. Upon arrival, you may park in the hotel car park and enter the hotel to contact the LOC.

DEPARTURE PROCEDURE

On 6 November, each Head of Delegation should confirm the delegation's departure details with the LOC, including the flight time, number of passengers and luggage requirements. The LOC will then confirm the transfer pick-up time from hotel.
Please arrange check-out and any luggage storage directly with the hotel through the LOC. Delegations leaving before the scheduled meal service should request a packed meal by 6 November.
Any delegation planning to depart after the official event dates must inform the LOC in advance.



TRANSPORT COORDINATOR

ŽELJKO NOJIĆ
Phone / WhatsApp : +385 95 3523 977
Email: zeljko.nojic@skolski-sport.hr

TRAVEL PLAN REQUIRED
All delegations must enter their arrival and departure details, including the airport, flight number, date and time, in ESSapp. Any changes to the submitted travel information must be communicated directly to the LOC as soon as possible.

ACCOMMODATION & SERVICES

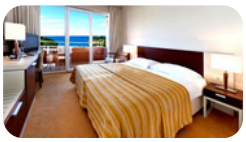
ACCOMMODATION & HOTEL SERVICES

OFFICIAL ACCOMMODATION

All delegations will be accommodated at Hotel Albatros – Plava Laguna ****, an official event hotel offering a comfortable, safe, and well-organised environment tailored to international school sport events.







The hotel provides modern accommodation, full-board catering, and dedicated facilities to ensure optimal conditions for athletes, team officials, and delegation members throughout the event. Its location within the Plava Laguna resort ensures efficient logistics, easy access to competition venues, and a pleasant setting for both sport and recovery.

HOTEL CONTACT

Phone: +385 52 700 700
Website: www.plavalaguna.com
E-mail: albatros@plavalaguna.com

CHECK-IN & CHECK-OUT

Check-in: Available 24 hours
Check-out: By 10:00 on 7 November 2026
Departure time may be flexible; please coordinate it with the LOC.

ROOM ALLOCATION

Room allocation will be coordinated by LOC & HOTEL. If you have a question or notice an issue with your room, please contact LOC DESK.

MEAL SCHEDULE

Breakfast 07:00–09:00
Lunch 12:00–15:00
Dinner 18:30–21:00

INTERNET

Wi-Fi network: Hotel Albatros
Password: Open network - no password required

HOTEL RULES

Please respect the hotel rules, its staff and other guests. Smoking is prohibited in rooms and indoor areas. Keep noise and music to a minimum, especially during the night, and treat hotel property with care.

HOTEL LOCATION

Adress: Ul. Zelena Laguna 20, 52440 Poreč, Croatia



Scan the QR code for directions to the hotel.



EVENT PROGRAMME

DAILY EVENT PROGRAMME

	ACTIVITY	TIME
03 NOV TUESDAY	• Arrival & Accreditation	THROUGHOUT ARRIVAL DAY
	• Heads of Delegation (HoD) Meeting	19:00
	• All-Sports Technical Meeting	19:30
	• Official draw for Badminton and Table Tennis	19:30
	• Official bib number collection for Cross Country	19:30
04 NOV WEDNESDAY	• Badminton competition	09:00
	• Table Tennis competition	09:00
	• Cross Country – Individual competition	12:00
	• Opening Ceremony	19:00
05 NOV THURSDAY	• Badminton competition	09:00
	• Table Tennis competition	09:00
	• Cross Country – Team competition	12:00
06 NOV FRIDAY	• Cultural Day – City tour of Pula	MORNING
	• Nations Night	EVENING
	• Awards Ceremony & Official Closing Ceremony	EVENING
	• Gala Dinner	21:00
07 NOV SATURDAY	• Departure of delegations	THROUGHOUT THE MORNING

PROGRAMME NOTE
The programme is provisional. Any updates or changes will be communicated to delegations through the contact details registered in ESSapp.

EVENT VENUES

SPORTS VENUES

BADMINTON

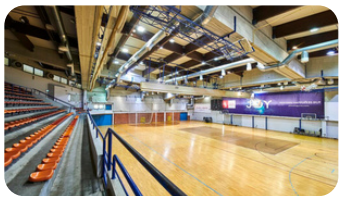
The badminton competition will be held indoors at Intersport Hall 2.

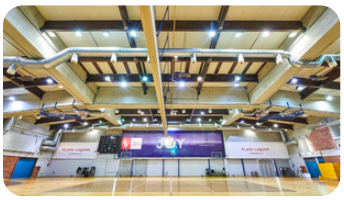




TABLE TENNIS

The table tennis competition will be held indoors at Intersport Hall 1.





CROSS COUNTRY

The Cross Country competition will take place on an outdoor course in a natural area close to the official hotel. The exact route, map and location will be provided by the LOC at the technical meetings on 3 November.



VENUE TRANSPORT & ACCESS

Transport to and from all competition venues will be arranged for participants. Where a venue is within walking distance, LOC staff or volunteers will guide delegations to and from the competition location.

EARLY DEPARTURE FROM A VENUE

Any participant who needs to leave a competition venue before the scheduled departure must inform their coach and either the LOC representative or the Head of Delegation before leaving. This ensures the LOC knows where the participant is and can coordinate accordingly.



DELEGATION INFORMATION

ACCREDITATION PROCESS

LOCATION & TIMING

VENUE
Hotel Albatros – Plava Laguna

ROOM
Kids Club

AVAILABILITY
Throughout arrival day

WHO SHOULD ATTEND

The Head of Delegation (HoD) must attend.
Coaches and/or interpreters may join if needed.

DOCUMENTS TO BRING

Passports for all delegation members, for verification against ESSapp registration, and proof of payment for fees already settled.

ACCREDITATION: STEP BY STEP

1. **Verify participant documents and eligibility**
The HoD presents all delegation passports so the LOC can check participant details against ESSapp, confirm that the required School Certificates and Consent Forms have been submitted, and verify age eligibility.

2. **Review the payment overview**
The HoD and LOC review accommodation, participant numbers and other charges, and confirm whether all payments are settled or any balance is due on site.

3. **Confirm Gala Dinner attendance**
The HoD confirms the number of delegation members attending and may add coaches or referees, with any additional dinner charges paid on site.

4. **Collect accreditation passes and gifts**
The HoD receives gifts for participants and the accreditation passes for the delegation, checks each pass for the correct name and photo, and proceeds with the delegation to hotel check-in once everything is correct.

LOST OR DAMAGED PASS

Report a lost or damaged pass to LOC staff.
The LOC will arrange the issue of a replacement.

WELCOME GIFTS





PAYMENT INFORMATION
Please make payments in advance by bank transfer. Any outstanding balance may be paid in cash during accreditation. Card payments will not be accepted on site.

DELEGATION INFORMATION

DELEGATION MEETINGS

Official briefings for Heads of Delegation, coaches and referees.

Two briefings are scheduled for 3 November 2026. Both meetings will be held at Alby Club, Hotel Albatros - Plava Laguna.

MEETING DETAILS

DATE	VENUE	MEETING LANGUAGE
3 November 2026	Alby Club, Hotel Albatros	English

SCHEDULE & ATTENDANCE

TUESDAY
19:00
3 NOVEMBER

HEADS OF DELEGATION MEETING

For: Heads of Delegation. A coach or interpreter may join if their support is needed.

The LOC will review key event-wide arrangements and practical information, and respond to questions from delegations.

TUESDAY
19:30
3 NOVEMBER
ALL SPORTS

ALL-SPORTS TECHNICAL MEETING

REFEREES • COACHES • HEADS OF DELEGATION

A joint briefing for all sports: Cross Country, Badminton and Table Tennis. Competition and technical information will be reviewed in detail, with time for questions from attendees.

THE LOC WILL ALSO:

- present additional event information not included in Bulletin 2 / Competition Handbook;
- clarify practical and competition-related arrangements;
- answer questions from referees, coaches and Heads of Delegation.

PLEASE NOTE

The Heads of Delegation meeting is intended for HoDs. Coaches or interpreters may join only when needed.
The all-sports technical meeting is open to referees, coaches and HoDs from every sport.

EVENT REGULATIONS

GENERAL COMPETITION REGULATIONS

APPLIES TO ALL REGISTERED PARTICIPANTS
These general regulations apply across Cross Country, Badminton and Table Tennis. Sport-specific competition rules are set out on the relevant sport pages.

SCOPE & GOVERNING RULES

Competitions are governed by ESSF regulations and the relevant technical regulations of each sport's international federation. Specific formats, scoring and technical requirements are covered on the individual sport pages.

U18 ELIGIBILITY

Athletes must not have reached the age of 18 by the final day of the championship (7 November 2026).

ELIGIBLE BIRTH DATES:

Born in 2009 or 2010, or in 2008 after 7 November.

STUDENT ELIGIBILITY

Athletes must be full-time students at a school in the country they represent. The school must provide general education, or vocational education that includes general education. Students at vocational schools without general education, or at sports-training schools without general education, are not eligible

ESSAPP REGISTRATION & ACCREDITED TEAM LIST

All registrations must be completed through ESSapp. Email registrations are not valid unless specifically requested by the ESSF Office. Phase 2 registration closes on 31 October 2026. Only athletes included on the team list submitted at accreditation may compete.

PARTICIPATION & DELEGATION RESPONSIBILITY

Participants must remain for the full event and take part in sports programme and non-sport activities. Absence from any part of the sport programme, ceremonies or sociocultural programme may result in the team being excluded from the results.

HEAD OF DELEGATION

One HoD is mandatory and serves as the sole intermediary with the LOC and ESSF Delegate; this role cannot be combined with another official role.

DELEGATION INSURANCE

Each delegation must provide insurance for every member. At minimum, coverage must include civil liability, material damage and medical costs.

EVENT REGULATIONS

GENERAL COMPETITION REGULATIONS

FAIR PLAY & CLEAN SPORT

FAIR PLAY & CONDUCT
Respect for opponents, referees and the rules is expected from all participants. ESSF promotes fair play as a core value and awards a Fair Play Trophy to the team demonstrating the highest standards of sportsmanship.
ANTI-DOPING
Doping controls may be conducted in accordance with the World Anti-Doping Code and the International Standards for Testing and Investigations (ISTI), taking account of the age category and sport risk assessment. ESSF also supports preventive education for young athletes.

WHO HANDLES COMPETITION MATTERS?

Technical interpretation, event conduct and sporting protests are handled through separate ESSF bodies.
TECHNICAL RULES
The ESSF Technical Commission, appointed officials and LOC interpret applicable technical rules and resolve technical matters during the event.
DISCIPLINARY COMMISSION
The ESSF Event Disciplinary Commission handles violations of ESSF regulations and misconduct not directly related to sport-specific technical rules. Members: ESSF Delegate, National Federation Delegate and LOC President.
APPEAL JURY
Reviews technical sporting protests. Members: President of the Technical Commission, one LOC representative and the Head of Field-of-Play Officials.

PROTESTS & APPEALS

Any team wishing to submit a protest concerning refereeing or technical matters must complete the official appeal form, available at the scorer's table in each sports hall. The form must be signed by the coach or Head of Delegation and submitted to the scorer's table, which will forward it to the Appeal Jury.
A fee of €50 must be paid to the LOC when the protest is submitted. The fee will be refunded if the protest is accepted.

RESULTS & EVENT UPDATES

Information on the publication of results, live streams and other event coverage will be provided by the LOC during the technical meetings upon arrival. Follow the official ESSF Instagram account and other ESSF social media channels for results, event updates and highlights.

MEDICAL SERVICES

Medical personnel will be present in each sports hall where matches are held. The LOC will provide support and, if necessary, assist delegations in accessing medical services outside the competition venues.

SPORT-SPECIFIC INFORMATION

TABLE TENNIS

COMPETITION SYSTEM
The table tennis programme includes four competitions. Singles are played in a knock-out system with play-offs for all placings, and the team competitions in groups followed by a knock-out stage.

COMPETITION OVERVIEW

COMPETITION	ENTRIES	FORMAT
Boys' Singles	27 players	Knock-out + play-offs for all placings
Girls' Singles	22 players	Knock-out + play-offs for all placings
Boys' Teams	6 teams	Two groups, then placement matches
Girls' Teams	5 teams	Two groups, then placement matches

SINGLES | KNOCK-OUT WITH PLAY-OFFS

Singles are played in a knock-out draw. After a defeat, a player continues in play-offs for the placings of the round in which they lost, so that every placing, from first to last, is decided on court. For example, the losers of the quarter-finals play for 5th to 8th place, and the losers of the semi-finals play for 3rd place.

BOYS' SINGLES ♂
27 players enter a draw of 32. The five top-placed players receive a bye into round two; the remaining 22 play a preliminary round.

GIRLS' SINGLES ♀
22 players enter a draw of 32. The ten top-placed players receive a bye into round two; the remaining 12 play a preliminary round.

TEAMS – GROUP STAGE AND PLACEMENT MATCHES

Teams are divided into two groups, where each team plays every other team in its group. After the group stage, teams with the same group placing play each other: the group winners play the final, the second-placed teams play for 3rd place, and the third-placed teams play for 5th place. In the Girls' Teams competition (5 teams), the third-placed team of the three-team group is automatically ranked 5th. Each team consists of three (3) to four (4) players of the same gender. The detailed team competition system will be confirmed by the Technical Commission and published together with the draw.

COMPETITION DAYS

All table tennis competitions take place over two days and will be completed on Thursday, 5 November 2026. Play starts at 09:00 on both days. The competition will be played on eight (8) competition tables, with four (4) additional tables available for warm-up.

DAY 1
WEDNESDAY, 4 NOV. 2026
Boys' and Girls' Singles up to the semi-finals, including placement play-offs; Boys' and Girls' Teams group stage

DAY 2
THURSDAY, 5 NOV. 2026
Singles semi-finals and medal matches; Boys' and Girls' Teams placement matches and finals

DRAW

The draw will be published a few days before the start of the competition. Players and teams from the same country will be separated so that they do not meet in the early rounds. The detailed match schedule will be published together with the draw.

SPORT-SPECIFIC INFORMATION

CROSS COUNTRY

U18 | INDIVIDUAL & TEAM CLASSIFICATIONS
Boys' and girls' cross-country races include individual and team classifications.



BOYS	GIRLS	TEAM RACE
3,000 m	2,500 m	2,500 m
Race distance	Race distance	Race distance

INDIVIDUAL COMPETITION

A single race is organised for boys and a single race for girls on an officially marked and secured course. Every registered athlete receives an individual final ranking based on their finishing position.

FOOTWEAR



Athletes may wear running shoes or spiked shoes with spikes no longer than 9 mm.

TEAM CLASSIFICATION

All athletes registered by a country take part in the individual race and may contribute to their country's team result. A complete team consists of four finishers, and all four finishing positions count toward its score. A team with three finishers will also be classified, using the positions of its three runners, but ranked after all complete teams. Teams with fewer than three finishers will be disqualified (DSQ).

HOW THE TEAM SCORE IS CALCULATED
4 finishers: Add the finishing positions of all four runners. The team with the lowest total ranks first.
3 finishers: Add the finishing positions of all three runners. The team is classified after all complete teams.
Fewer than 3 finishers: The team is disqualified (DSQ).
ILLUSTRATIVE EXAMPLE:



Example only: 2 + 5 + 8 + 11 = 26 points

COMPETITION DAYS

Cross-country races will take place over two days.
WEDNESDAY, 4 NOVEMBER 2026 | 12:00
Boys' and Girls' Individual Races
THURSDAY, 5 NOVEMBER 2026 | 12:00
Team Race

FURTHER RACE INFORMATION
The course map, race-bib distribution and other practical details will be explained at the Technical Meeting on 3 November 2026 at 19:30.

SPORT-SPECIFIC INFORMATION

BADMINTON

FIVE COMPETITIONS
Singles use a double-elimination system with full placement play-offs. Doubles and Mixed Teams are played as round robin.

COMPETITION OVERVIEW

COMPETITION	ENTRIES	FORMAT / MATCHES
Boys' Singles	11 players	Double elimination + play-offs; places 1-11
Girls' Singles	8 players	Double elimination + play-offs; places 1-8
Boys' Teams	4 pairs	Round robin; 6 matches
Girls' Teams	3 pairs	Round robin; 3 matches
Mixed Teams	4 teams	Round robin; 6 ties

SINGLES | DOUBLE ELIMINATION + PLACEMENT PLAY-OFFS

A player is not eliminated after the first defeat. Every placing, from first to last, is decided on court.

MAIN DRAW

Players compete in a knock-out draw. The winners of the two semi-finals play the final for 1st and 2nd place.

SECOND DRAW

Players who lose in the main draw move to the second draw. Semi-final losers join later, crossed over to avoid meeting the same opponent again. Winners play for 3rd and 4th.

PLACEMENT PLAY-OFFS

Players who lose in the second draw continue in placement matches until all remaining placings are decided.

BOYS' SINGLES ♂
11 players enter a draw of 16. The five top-placed players receive a bye in the first round.

GIRLS' SINGLES ♀
8 players enter a draw of 8. Every player plays at least three matches.

DOUBLES & MIXED TEAMS | ROUND ROBIN

Each pair or team plays every other entry in its competition once. Final rankings are based on the number of wins; ties are resolved according to ESSF and BWF technical regulations.

DOUBLES

BOYS' DOUBLES	4 PAIRS | 6 MATCHES
GIRLS' DOUBLES	3 PAIRS | 3 MATCHES

Every pair meets each other pair once.

MIXED TEAM COMPETITION

4 TEAMS | 6 TIES

Each team consists of two (2) boys and two (2) girls. Every team plays every other team once.

SPORT-SPECIFIC INFORMATION

BADMINTON

DRAW & MATCH SCHEDULE

The draw will be published a few days before the start of the competition. Players and pairs from the same country will be separated so they do not meet in the early rounds. The detailed match schedule will be published together with the draw.

COMPETITION DAYS

Play starts at 09:00 on both days. All badminton competitions will be completed on Thursday, 5 November 2026

DAY 1 - WEDNESDAY, 4 NOV. 2026

- **Boys' and Girls' Singles up to the finals.**
- **Boys' and Girls' Doubles, played and completed.**

DAY 2 - THURSDAY, 5 NOV. 2026

- **Singles finals and bronze medal matches.**
- **Mixed Team competition, played and completed.**

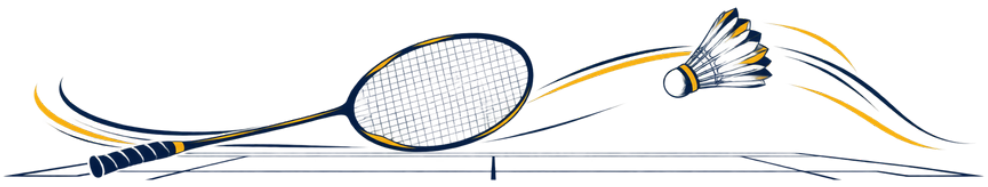


MATCH FORMAT AT A GLANCE

Singles: 1st-11th / 1st-8th places decided on court • Doubles: round robin • Mixed Teams: round robin

FURTHER BADMINTON INFORMATION

Further details about the draw, match schedule and competition procedures will be provided at the Badminton Technical Meeting.



EVENT EXPERIENCE

CULTURAL & EDUCATIONAL PROGRAMME

OPENING CEREMONY · 4 NOV · 19:00

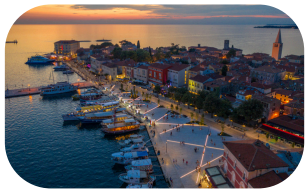
The Opening Ceremony will take place in the outdoor pool area in front of Hotel Albatros. In case of bad weather, it will move to an indoor venue. The LOC will confirm the alternative location.






CULTURAL DAY IN PULA · 6 NOV · MORNING

Delegations will take part in a guided tour of Pula, exploring the historic centre and the city's main landmarks. The visit will include the Pula Arena, giving participants the opportunity to discover more about the city's history and cultural heritage.

NATIONS NIGHT · 6 NOV · EVENING

Each delegation will present a cultural act, such as dance, singing or a short presentation. Each will also have a table to showcase items from its country, including sweets, local food, badges, flags and small souvenirs. The Awards Ceremony and Official Closing Ceremony will take place as part of the Nations Night programme.







GALA DINNER · 6 NOV · 21:00

The restaurant will be announced by the LOC upon arrival, once the final attendance list is confirmed. The dinner will include local music and socialising for Heads of Delegation, coaches, referees and other accompanying adults.
Cost: EUR 50 per person.

EVENT SUPPORT

COMMUNICATION & CONTACTS

ESSF & LOC CONTACT

European School Sport Federation
Email: office@europeanschoolsport.com

LOC - Croatian School Sport Federation
Email: ured@skolski-sport.hr

EVENT CONTACT DIRECTORY

For urgent matters, call; for other enquiries, use WhatsApp or email.



OPERATIONS COORDINATOR

NENAD ŽUGAJ
Phone / WhatsApp : +385 95 371 9808
Email: nenad.zugaj@skolski-sport.hr



TRANSPORT COORDINATOR

ŽELJKO NOJIĆ
Phone / WhatsApp : +385 95 3523 977
Email: zeljko.nojic@skolski-sport.hr



ACCOMMODATION COORDINATOR

ŽELJKO NOJIĆ
Phone / WhatsApp : +385 95 3523 977
Email: zeljko.nojic@skolski-sport.hr



MEDIA & SOCIAL MEDIA COORDINATOR

SARA ČEŠLJAŠ
Phone / WhatsApp : +385 95 369 3098
Email: sara.cesljas@skolski-sport.hr



TABLE TENNIS COORDINATOR

KRISTIJAN CINKOPAN
Phone / WhatsApp : +385 99 702 2170
Email: kristijan.cinkopan@skole.hr



CROSS COUNTRY COORDINATOR

ELVIS PERŠIĆ
Phone / WhatsApp : +385 98 421 812
Email: elvis.persic1@pu.t-com.hr



BADMINTON COORDINATOR

DAMIR MARKUŠ
Phone / WhatsApp : +385 98 907 09 62
Email: dama.informatika@gmail.com

MEDICAL - FIRST AID CONTACT

Eleonora Healthcare Institution
Phone / WhatsApp : +385914512211
Email: /

OFFICIAL CHANNELS & UPDATES



@ESSFsports @ESSFsports @ESSFsports @essfsports /essfsports @essfsports

ESSF Multisport Event 2026 | Official
WhatsApp group

PRE-EVENT CHECKLIST

DELEGATION CHECKLIST

1 BEFORE TRAVEL

- ☐ All participants are registered in ESSapp and their details have been checked
- ☐ Arrival and departure details have been entered in ESSapp
- ☐ Any changes to flights or travel plans have been reported directly to the LOC
- ☐ Travel documents and any consent forms required for minors have been checked
- ☐ Participants have appropriate travel and health insurance
- ☐ Team composition and eligibility requirements have been checked
- ☐ Sports equipment and clothing needed for the competitions have been packed
- ☐ Contact details for the LOC, Transport Coordinator and Sport Coordinators have been saved
- ☐ Participants and coaches have received the Bulletin and are familiar with the basic rules

2 ON ARRIVAL

- ☐ The delegation has contacted the LOC or reported to an LOC representative upon arrival
- ☐ The Head of Delegation has checked the times and locations of upcoming activities
- ☐ All participants have collected their accreditation passes
- ☐ The delegation has attended the relevant meetings and briefings
- ☐ Participants know where to assemble for transport and competitions
- ☐ The delegation has saved emergency numbers and LOC contact details

3 DURING THE EVENT

- ☐ Participants wear their accreditation passes when required
- ☐ The delegation checks official announcements
- ☐ The team arrives on time for competitions and organised transport
- ☐ The Head of Delegation reports changes, injuries or other issues to the LOC
- ☐ Participants follow the rules of the hotel, sports venues and competitions
- ☐ The delegation monitors sports schedules and announcements about changes

4 BEFORE DEPARTURE

- ☐ The HoD has confirmed flight times, passenger numbers and luggage details with the LOC
- ☐ The departure time for the airport transfer has been confirmed
- ☐ Check-out has been arranged with the hotel
- ☐ Packed meals have been requested for participants departing before a meal, if needed
- ☐ Rooms have been checked, and all personal belongings and sports equipment have been collected
- ☐ All participants know the meeting time and location for departure

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Support across the ESSF community

EUROPEAN SCHOOL SPORT FEDERATION

European School Sport Federation believes that developingyoung people meanssupporting the whole person. Now, through our partnership with Roundglass Living, community members across participating schools get free access to tools that support mental, emotional, and physical wellbeing, building skills for school, sport, relationships, and life.

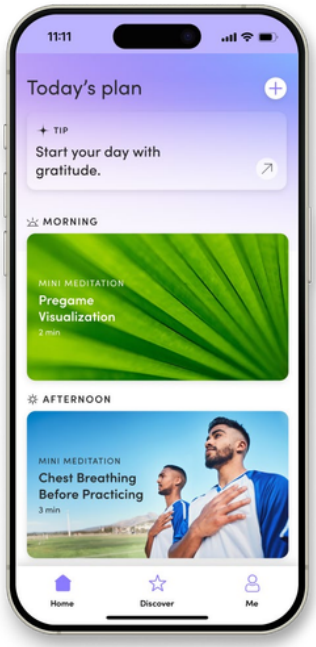
One app, many paths

Feel calm and centered
Through meditation and mindfulness, anybody can help settle their mind and steady focus when it matters most.

Feel relaxed and recharged
Through breathwork and yoga, people give their body the reset it needs, lower stress and come back stronger.

Feel strong and nourished
Through healthy eating and recipes, it's easy for people to fuel their energy, focus, and recovery all day long.

Feel focused and at ease
Through music and soothing sounds, we broadcast the right soundtrack for every part of the day.



App Store Google Play

A wellbeing resource for your community

Students
Build healthy habits, emotional resilience, and self-awareness for school, sport, and life.

Educators & Coaches
Get practical tools to foster healthier, more supportive environments for young people.

Families
Explore resources that support wellbeing at home and build positive habits as a family.

Track your mood, progress, and more

Mood tracker
Check in each day, watch your wellbeing transform.

Progress stats
Keep up practice streaks and celebrate milestones.

Timers and reminders
Gentle nudges to stick with your routine consistently.

Sign up process

STEP 1
Download Roundglass Living from App Store or Google Play Store.

STEP 2
Click on"Get Started."

STEP 3
Sign upwith your team email and create your password.

STEP 4
ExploreRoundglass Living.

Download the Roundglass Living app now to tap into your limitless potential! Be sure to sign up using your team email.

one life. get living.™

REDEEM CODE: RGESSF10

LIVESSF26

ACKNOWLEDGEMENTS

EVENT ORGANISERS & PARTNERS

The ESSF Multisport Event 2026 is made possible through the cooperation and support of the organisations below.

EVENT ORGANISERS

EUROPEAN SCHOOL SPORT FEDERATION

HRVATSKI ŠKOLSKI SPORTSKI SAVEZ

HOST CITY & INSTITUTIONAL SUPPORT

Grad Poreč-Parenzo
Città di Poreč-Parenzo

REPUBLIC OF CROATIA
Ministry of Tourism

HOTEL ALBATROS
PLAVA LAGUNA

EVENT PARTNERS

EUROPEAN FAIR PLAY MOVEMENT

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03 - 07 November 2026

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