

INTERNATIONAL U16 FIVE COUNTRIES MATCH
CRO – CZE – SLO – SVK – HUN
Budapest, 28-09-2013

Organizer: Hungarian Athletics Association

TEAM MANUAL

1. Organizing Committee

Competition Director: Kopcsay Péter
Vice Competition Director: Dési Mariann
Technical Director: Rózsa István
Secretary: Schwartz-Nagy Attila

3. Events

Boys: 100 m, 300 m, 1000 m, 3000 m, 100 m hurdles /84,0/8,50/, 300 m hurdles /76,2/, High Jump, Long Jump, Pole Vault, Shot Put /4kg/, Discus Throw /1kg/, Javelin Throw /600g/, Hammer Throw /4kg/, 4x100 m, 3000 m walk
Girls: 100 m, 300 m, 600 m, 2000, 100 m hurdles /76,2/8,25/, 300 m hurdles /76,2/, High Jump, Long Jump, Pole Vault, Shot Put /3kg/, Discus Throw /1kg/, Javelin Throw /500g/, Hammer Throw /3kg/, 4x100 m, 3000m walk,
Boys + girls: 4x300m (team consists of 2 boys and 2 girls, running order: B-G-B-G)

4. Participants

Age limit: 15 years (born in 1998 and later)
Participants per event: 2 athletes (except relays)

5. Total number of team

According to signed contract: maximum 65 persons (including coaches and officials)

6. Call Room

Tent fly with sign „Call room“ will be located at the start of 300 meter.
All athletes must report according to the following times before the start of the corresponding event:

Event (minutes)	Call Room Opens (minutes)	Call Room Closes (minutes)	Departure to Event
Track Events	30	20	15
Pole Vault	50	45	40
Field Events	35	25	20
Hurdles	35	25	20

7. Starter`s commands

- for distance up to and including 300 m: „on your mark – set – shot“
- for distance of 600 m and more: „on your mark – shot“

8. Scoring

Individuals: 11 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1
Relays: 6 - 4 - 3 - 2 - 1

9. Starting heights and bar rising

Will be specified during the technical meeting.

10. Equipment control

28-09-2013 from 8.30 till 10.00 in the main building of the stadium.

11. Competition bibs

Each athlete will receive 2 bibs which will be displayed on the chest and on the back, except in the High Jump and Pole Vault events where one number only may be worn.

12. Entries

Entries will be sent till 22-09-2013 to the e-mail address: versenyiroda@masz.hu.

Each entry must contain full name, year of birth and season's best of the competitor in the specific event.

13. Arrival

27-09-2013 between 15.00 and 17.00

Meeting point will be at the Stadium „Ikarus BSE Atlétikai Központ”

Address: 1165 Budapest, Bátorny utca. 1-33.

From this place each team will be accompanied to the hotels.



Training possibilities from arrival till 18.00.

14. Accommodation

Accommodation, Meals and Food Package are provided up to 65 persons from every national team. Persons over this limit must be announced by Sunday, 22th September. The price of every extra person is HUF 10.000 which can be paid by cash during the Technical Meeting.

Invoice will be prepaid at that time.

SVK and CZE Gerand Hotel Ében***

Address: 1148 Budapest, Nagy Lajos király útja 15-17.

Phone: +36 (1) 3838418, fax: +36 (1) 3838417

GPS N 47° 30' 25.07" , E 19° 7' 59.95"

<http://gerandhotels.hu/>

SLO **Hotel Pólus*****

Address: 1152 Budapest, Szentmihályi út 131,

Phone: +36 1 410 9600

GPS +47° 33' 0.40", +19° 8' 20.46

<http://www.hotelpolus.hu>

CRO **Hotel Veritas*****

Address: 1148 Budapest, 1144 Budapest, Mogyoródi út 8.

Tel: +36 1 273 2231

GPS: N 47.503388 E:19.1090971 N 47°30'12.19" E 9°6'32.74"

<http://hotelveritas.hu>

HUN **Hotel Star City Hotel*****

Address: 1078 Budapest István u. 14.

Phone: +36 1 479 0420

GPS N 47.5046 E 19.0812

<http://www.starhotel.hu/>

15. Meals

27-09 Dinner at the hotels

28-09 Buffet breakfast at the hotels

28-09 Lunch at the stadium

Mobile kitchen at the stadium will be available constantly from 13.00 to 16.00.

Every team will receive a food package for the trip back home.

16. Technical meeting

Technical meeting will be held at the Magyar Sport Háza (1148 Budapest, Istvánmezei út 1-3. on 27-09-2013. at about 20.00.

You will be taken from the hotel to the technical meeting and back to the hotel by car.

Maximum two participants from each team are allowed.

17. Others

Warm up area is on the football field, behind the main building.

Dressing rooms are located in the main building (organizer is not responsible for personal belongings and potential losses).

From each team 5 participants can take part in the *Opening ceremony*.

They must be at the entry of the main building at 9.15.

18. Timetable

09.30	Opening ceremony	
09.45	Hammer Throw	boys - B
	Discus	girls - G
10.00	3 000 m walk	G
	Pole Vault	B
	Long Jump	G
10.25	3 000 m walk	B
11.00	100 m hurdles	G
11.15	100 m hurdles	B
11.15	Hammer Throw	G
	Discus	B
11.30	100 m	G
11.40	100 m	B
11.55	600 m	G
12.05	1000 m	B
	Long Jump	B
12.20	300 m	G
	High Jump	G
12.35	300 m	B
	Pole Vault	B
12.45	1st block of Victory ceremony (Hammer G, B, Walk G, B, Pole Vault B, Long Jump G, Discus G, Shot Put B, 100 m hurdles G, B, 100 m G, B, 600 m G, 1000m B)	
12.50	Shot Put	G
13.15	Javelin Throw	G
13.30	300 m hurdles	G
13.45	300 m hurdles	B
14.00	2000 m	G
	High Jump	B
14.10	Shot Put	B
14.20	3000 m	B
	Javelin Throw	B
14.45	4 x 100 m	G
15.00	4 x 100 m	B
15.15	4 x 300 m	G+B
15.30	2nd block of Victory ceremony	

19. Allocation of lanes and the order of competitors

Lane/order	1	2	3	4	5	6	7	8	9	10
100m G 1			CRO 1	CZE 1	HUN 1	SLO 1	SVK 1			
100m G 2			SVK 2	CRO 2	CZE 2	HUN 2	SLO 2			
100m B 1			SLO 1	SVK 1	CRO 1	CZE 1	HUN 1			
100m B 2			HUN 2	SLO 2	SVK 2	CRO 2	CZE 2			
300m G 1			CZE 1	HUN 1	SLO 1	SVK 1	CRO 1			
300m G 2			CRO 2	CZE 2	HUN 2	SLO 2	SVK 2			
300m B 1			SVK 1	CRO 1	CZE 1	HUN 1	SLO 1			
300m B 1			SLO 2	SVK 2	CRO 2	CZE 2	HUN 2			
600m	HUN 1	SLO 1	SVK 1	CRO 1	CZE 1	HUN 2	SLO 2	SVK 2	CRO 2	CZE 2
1000m	CZE 1	HUN 1	SLO 1	SVK 1	CRO 1	CZE 2	HUN 2	SLO 2	SVK 2	CRO 2
4x100m G			CRO	CZE	HUN	SLO	SVK			
4x100m B			SVK	CRO	CZE	HUN	SLO			
4x300 m			SLO	SVK	CRO	CZE	HUN			
High Jump G	HUN 1	SLO 1	SVK 1	CRO 1	CZE 1	HUN 2	SLO 2	SVK 2	CRO 2	CZE 2
High Jump B	CZE 1	HUN 1	SLO 1	SVK 1	CRO 1	CZE 2	HUN 2	SLO 2	SVK 2	CRO 2
Long Jump G	CRO 1	CZE 1	HUN 1	SLO 1	SVK 1	CRO 2	CZE 2	HUN 2	SLO 2	SVK 2
Long Jump B	SVK 1	CRO 1	CZE 1	HUN 1	SLO 1	SVK 2	CRO 2	CZE 2	HUN 2	SLO 2
Pole Vault G	SLO 1	SVK 1	CRO 1	CZE 1	HUN 1	SLO 2	SVK 2	CRO 2	CZE 2	HUN 2
Pole Vault B	HUN 1	SLO 1	SVK 1	CRO 1	CZE 1	HUN 2	SLO 2	SVK 2	CRO 2	CZE 2
Shot Put G	CZE 1	HUN 1	SLO 1	SVK 1	CRO 1	CZE 2	HUN 2	SLO 2	SVK 2	CRO 2
Shot Put B	CRO 1	CZE 1	HUN 1	SLO 1	SVK 1	CRO 2	CZE 2	HUN 2	SLO 2	SVK 2
Diskus G	SVK 1	CRO 1	CZE 1	HUN 1	SLO 1	SVK 2	CRO 2	CZE 2	HUN 2	SLO 2
Diskus B	SLO 1	SVK 1	CRO 1	CZE 1	HUN 1	SLO 2	SVK 2	CRO 2	CZE 2	HUN 2
Javelin G	HUN 1	SLO 1	SVK 1	CRO 1	CZE 1	HUN 2	SLO 2	SVK 2	CRO 2	CZE 2
Javelin B	CZE 1	HUN 1	SLO 1	SVK 1	CRO 1	CZE 2	HUN 2	SLO 2	SVK 2	CRO 2
Hammer G	CRO 1	CZE 1	HUN 1	SLO 1	SVK 1	CRO 2	CZE 2	HUN 2	SLO 2	SVK 2
Hammer B	SVK 1	CRO 1	CZE 1	HUN 1	SLO 1	SVK 2	CRO 2	CZE 2	HUN 2	SLO 2
3 km walk G	SLO 1	SVK 1	CRO 1	CZE 1	HUN 1	SLO 2	SVK 2	CRO 2	CZE 2	HUN 2
3 km walk B	HUN 1	SLO 1	SVK 1	CRO 1	CZE 1	HUN 2	SLO 2	SVK 2	CRO 2	CZE 2