

INTERNATIONAL U20 FOUR COUNTRIES MATCH

HUN - CZE - SLO - SVK
MISKOLC, 01-JULY-2016

Organizer: Hungarian Athletics Association

TEAM MANUAL

1. Organizing Committee

Competition Director: Gruber Orsolya
Vice Competition Director: Papp János
Technical Director: Zámboi Zoltán
Secretary: Lohn Angéla

3. Events

Men: 100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 110 m Hurdles /99/9,14/, 400 m Hurdles /91,4/, 3000 m SC, 4x100 m relay, 4x400 m relay, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put /6 kg/, Discus Throw /1,75 kg/, Javelin Throw /800g/, Hammer Throw /6 kg/,

Women: 100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m, 100 m Hurdles /84/8,50/, 400 m Hurdles /76,2/, 3000 m SC, 4x100 m relay, 4x400 m relay, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put /4 kg/, Discus Throw /1 kg/, Javelin Throw /600g/, Hammer Throw /4 kg/

4. Participants

Age limit: 18 - 19 years (born in 1998/1997).
Participants per event: 2 athletes (except relay).

5. Total number of team

According to signed contract: maximum 80 persons (including coaches and officials and busdrivers).

6. Call Room

All athletes must report according to the following times before the start of the corresponding event:

Event: (minutes)	Call Room Opens (minutes)	Departure to Event (minutes)
Track Events	15	10
Pole Vault	55	50
Field Events	25	20
Hurdles	20	15

7. Starter`s commands

- for distance up to and including 400 m: „on your mark – set – shot“
- for distance of 800 m and more: „on your mark – shot“

8. Scoring

Individuals: 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1

Relays: 9 - 6 - 4 - 2

9. Starting heights and bar rising

Will be specified during the technical meeting.

10. Equipment control

01-07-2016 from 7:30 till 8:00 at the indoor track

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 have to be sent till 12:00, 27-06-2016 to the e-mail address: versenyiroda@atletika.hu

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

13. Arrival

30-06-2016 between 15:00 and 17:00

Meeting point will be at the Stadium.

Address: Miskolci Atlétikai Centrum (Tábori László Track), 3515 Miskolc - Egyetemváros

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

Training possibilities from arrival till 18:30.

14. Accommodation

Accommodation, Meals and Food Package are provided up to 80 persons for every national team.

Persons above this limit must be announced by Monday, 27 June, 2016.

The price of every extra person must be paid by the Team Leaders in the hotels on site.

Price is about HUF 7.000/person including dinner, breakfast and lunch.

15. Meals

30-06 18:30 – 20:00 Dinner next to the team hotels

01-07 from 7:00 Buffet breakfast next to the team hotels

01-07 12:00 – 15:00 Lunch next to the team hotels

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

16. Technical meeting

Technical meeting will be held at the indoor track on 30-06-2016 at about 20:00.

Maximum two participants from each team are allowed.

17. Others

Warm up area: is around the track and on the field next to the venue or at the indoor track.

Dressing rooms: at the Sporthall, next to the track.

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

They must be at the entry of the main building at 9:30.

OFFICIAL TIMETABLE

Call room	Escort to the track	Start	Events	
			Women	Men
8:35	8:40	9:00	hammer throw	
9:05	9:10	10:00	pole vault	
		9:50	Opening Ceremony	
9:35	9:40	10:00		shot put
9:55	10:00	10:10		5000 m
9:50	9:55	10:20	javelin throw	
10:05	10:10	10:30	long jump	
10:15	10:20	10:30	3000 m	
10:35	10:40	10:55	100 m Hurdles	
10:50	10:55	11:10		110 m Hurdles
11:00	11:05	11:15	400 m	
11:10	11:15	11:25		400 m
11:15	11:20	11:45	high jump	
11:25	11:30	11:50		hammer throw
11:55	12:00	12:10	100 m	
12:05	12:10	12:20		100 m
12:50	12:55	13:15	discus throw	
12:50	12:55	13:20		long jump
13:00	13:05	13:30		high jump
13:05	13:10	13:30		400 m Hurdles
13:20	13:25	13:45	400 m Hurdles	
13:35	13:40	13:50	200 m	
13:50	13:55	14:05		200 m
14:10	14:15	14:25	800 m	
14:05	14:10	14:30		discus throw
14:20	14:25	14:35		800 m
14:15	14:20	14:40	triple jump	
14:35	14:40	14:50	1500 m	
14:05	14:10	15:00		pole vault
14:45	14:50	15:00		1500 m
15:00	15:05	15:25	4x100 m relay	
15:20	15:25	15:45		4x100 m relay
15:30	15:35	16:00		javelin throw
15:35	15:40	16:00	shot put	
15:30	15:35	16:00		triple jump
15:40	15:45	16:00	3000 m steeplechase	
16:00	16:05	16:20		3000 m steeplechase
16:20	16:25	16:40	4x400 m relay	
16:35	16:40	16:55		4x400 m relay