

INTERNATIONAL U18 FOUR COUNTRIES MATCH

HUN - CZE - SLO - SVK
MISKOLC, 16-JUN-2017

Organizer: Hungarian Athletics Association

TEAM MANUAL

1. Organizing Committee

Competition Director: Breimann Erzsébet
Vice Competition Director: Kollár István
Technical Director: Zámboi Zoltán
Secretary: Majkut Gergely

3. Events

Boys: 100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m, 110 m H/91,4/8,80/, 400 m H /87/, 2000 m SC, medley relay/100-200-300-400/, HJ, PV, LJ, TJ /11 m /, SP/5 kg/, DT /1,5 kg/, JT /700 g/, HT/5 kg/

Girls: 100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m, 100 m H/76,2/8,50/, 400 m H/76,2/, 2000 m SC, medley relay /100-200-300-400/, HJ, PV, LJ, TJ /9 m /, SP/3 kg/, DT/1 kg/, JT /500 g/, HT /3 kg

4. Participants

Age limit: 16 - 17 years (born in 2001/2000).
Participants per event: 2 athletes (except relay).

5. Total number of team

According to signed contract: maximum 78 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

16-06-2017 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, 12-06-2017 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

15-06-2017 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, 12 June, 2017.

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.

Accommodation address:

Szemere Dorm Address: 3529 Miskolc Ifjúság útja 16-20.

Phone: +36 46 360 125 / 208

GPS: N 48.0847716 , E 20.7791320

<https://www.szemere-kollegium.hu>

15. Meals

15-06 18:00-21:00 Dinner at the team hotel

16-06 06:00-09:30 Buffet breakfast at the team hotel

16-06 11:00-15:00 Lunch next to the stadium: Lunch address: Gasztroműhely
3515 Miskolc, Egyetemváros
GPS: N 48,081305; E 20,764453
<http://www.gasztromuhely.hu>

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 15-06-2017 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 hotels, at the Swimming Pool (300m) or at the Stadium (limited)

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 into the track	Start of the event	Events	
			Girls	Boys
9:35	9:40	9:00	hammer throw	
		9:45	OPENING CEREMONY	
9:05	9:10	10:00	pole vault	
9:35	9:40	10:00		triple jump
9:55	10:00	10:10	3000 m	
9:55	10:00	10:20		javelin throw
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
11:05	11:10	11:25	400 m	
11:20	11:25	11:35		400 m
14:15	14:20	11:40	triple jump	
11:15	11:20	11:45	high jump	
11:35	11:40	12:00		hammer throw
11:55	12:00	12:10	100 m	
12:05	12:10	12:20		100 m
12:35	12:40	13:00		shot put
12:50	12:55	13:15	discus throw	
12:55	13:00	13:20		long jump
13:10	13:15	13:30	400 m hurdles	
13:00	13:05	13:30		high jump
13:25	13:30	13:45		400 m hurdles
13:35	13:40	13:45	javelin throw	
13:20	13:25	14:00	200 m	
13:55	14:00	14:10		200 m
14:10	14:15	14:25	800 m	
14:20	14:25	14:35		800 m
14:35	14:40	14:50	1500 m	
14:05	14:10	15:00		pole vault
14:35	14:40	15:00	long jump	
14:45	14:50	15:00		1500 m
14:35	14:40	15:00	shot put	
14:50	14:55	15:15		discus throw
15:00	15:05	15:25	2000 m steeplechase	
15:20	15:25	15:45		2000 m steeplechase
15:55	16:00	16:15	medley relay	
16:10	16:15	16:30		medley relay