

Polish Athletic Association

International Match U23



CZECH REPUBLIC – HUNGARY – SLOVENIA – POLAND



Kraków – 8/07/2018

AWF Stadium



On behalf of:

POLISH ATHLETIC ASSOCIATION

4 Mysłowicka Street, 01-612 Warszawa / POL

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Organized by:

MAŁOPOLSKI ZWIĄZEK LEKKIEJ ATLETYKI / Lesser Poland Regional Athletic Association

5/1 Śląska Street, 30-003 Kraków / POL

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Date and venue:

Sunday – 8/07/2018

AWF Stadium – 45 Jana Pawła II Street, Kraków / POL

The stadium is equipped with 8 lanes in straight track as well as in oval track.

LOC:

PZLA President

Henryk Olszewski

LOC President:

Grzegorz Sobczyk

PZLA Delegate:

Event Director:

Technical Director:

Main Referee:

Accommodation, VIP:

Competition Office, Call Room, Press:

Arrival of teams:

Saturday, 07 July 2018 by 6 p. m. to the accommodation address.

Accommodation:

All teams will be accommodated in AWF Dormitory. The distance to the stadium is approximately 150 m.

The organizer will not provide transfer to the venue.

The Organizer will cover full board accommodation for 82 people **TWO NIGHTS – 7/8 & 8/9 July**

In case of more athletes or accompanying persons attending the event, price for accommodation including meals equals the current price list of AWF Dormitory.

Board:

Meals will be served in the Dining room of the AWF Dormitory



Ministerstwo
Sportu i Turystyki



Technical meeting:

Technical meeting will be held on Saturday 07 July 2018 at 20:30 at the AWF Dormitory.

A maximum of four representatives per each team may attend.

Entry forms:

The list of participants with names in alphabetical order shall be sent on the official Entry Forms (appendix 2) by Friday 29 June 2018, 8 p. m. in electronic version to the grzegorz.sobczyk@pzla.pl.

Technical information:

Categories

Men U23: 1996 and younger

Women U23: 1996 and younger

The team will consist of maximum 82 persons (including officials).

Events:

Men U23:

100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 110 m H, 400 m H, 3 000 SC, 4x100 m, 4x400 m, long jump, high jump, pole vault, triple jump, shot put, discus throw, hammer throw, javelin throw.

Women U23:

100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m, 3000 SC, 100 m H, 400 m H, 4x100 m, 4x400 m, long jump, high jump, pole vault, triple jump, shot put, discus throw, hammer throw, javelin throw.

Scoring:

In individual events, the scoring method is as follows: 9, 7, 6, 5, 4, 3, 2, 1 point. In relay, the scoring is as follows: 9, 6, 4, 2 points.

Doping control:

Doping controls shall be conducted in accordance with IAAF Rules and Procedures.

Team dressing rooms:

They are placed in the stadium area. The dressing rooms will only be used for changing.

Warm-up:

It is situated in the warm-up stadium.

Training:

Training is possible on Saturday 07 July from 16:00 to 19:00. at the warm-up stadium.

Call room:

It will be placed in the warm-up area at the

Call room times:

All times are prior to the actual starting time of the event.

- running events: 15 minutes before
- field events: 25 minutes before
- pole vault: 60 minutes before
- hammer throw: 40 minutes before



Athletes will be guided to the competition site by referees in the following times:

- running events: 10 minutes before
- field events: 20 minutes before
- pole vault: 20 minutes before
- hammer throw: 15 minutes before

High jump/pole vault starting heights and progression:

Men U23:

HJ – 180-185-190-193-196-199-202-205-208 + 2 cm

PV – 360-380-400-420-430-440-450-460-470-480-490-500-510 + 5 cm

Women U23:

HJ – 145-150-155-160-165-170-175-177-179-182-184 + 2 cm

PV – 220-240-260-280-300-310-320-330-340-350-360-370-380-390 + 5 cm

This proposal will be confirmed at the Technical meeting.

Starting Commands:

Starting commands will be given in English language.

Victory ceremony and prizes

The Victory ceremony will be held after the competition. Overall team ranking will be announced as well as the results of Men 23 and Women 23 separately. First three teams will receive a cup.