

International Match U23 / Turniej Nadziei Olimpijskich

Poland (POL) – Czech Republic (CZE) – Hungary (HUN) – Ukraine (UKR)

Competition director: Filip Moterski filip.moterski@pzla.pl, +48 790 339 233

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Organized by: **Polski Związek Lekkiej Atletyki**

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Person responsible:

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Local Organizer:

Małopolski Związek Lekkiej Atletyki

Accommodation and food:

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Date and venue

The International Match U23 will take place in Kraków on Saturday, 20 July 2024 at 10:00 am at the athletics stadium - Akademia Wychowania Fizycznego im. Bronisława Czecha, al. Jana Pawła II 78, 31-571 Kraków.

Participants

Athletes, both male and female, born in 2002, 2003, 2004, are eligible to compete in the international match. Each country may be represented in each discipline by 2 athletes + one relays.

Entry

The list of participants with names shall be sent on the official Entry Form in the electronic version no later than Wednesday, 10 July 2024 by 12 pm to marcin.gora@pzla.pl

Please indicate Team Leader who will be added to WhatsApp Group for Team Leaders conducted in English.

Events

Men U23

100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 110 m Hurdles, 400 m Hurdles, 3 000 m SCH, 10 000m RW, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, 4x100 m, 4x400m

Women U23

100 m, 200 m, 400 m, 800 m, 1500 m, 5000m, 100 m Hurdles, 400 m Hurdles, 3 000 m SCH, 10 000m RW, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, 4x100 m, 4x400m



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Warm-up

Warm up stadium is located above the main stadium.

Call room

Call room will be located in the tent with a sign "Call room" near the tribune on the warm-up stadium.

All participants must report in the call room according to the following reporting approx. times before the start of the respective event.

Final CR schedule will be distributed during technical briefing and WhatsApp Group

Event	Last call	Arrival to the site
Running events	20 minutes	≤10 minutes
RW events	20 minutes	≤10 minutes
Pole vault	80 minutes	≤60 minutes
HT, JT, DT	45 minutes	30 minutes
LJ, HJ, TJ, SP	45 minutes	30 minutes

Technical Information Center (TIC)

Will be situated in tribune at the main stadium.

Medical service

Medical service will be available for the entire period of the competition.

Team arrivals

We recommend that all teams check in to their accommodation first and then move on to the official training and technical meeting, which will take place at the stadium.

Accommodation

Students houses at Akademia Wychowania Fizycznego im. Bronisława Czecha, al. Jana Pawła II 78, 31-571 Kraków

Meals

All meals will be served at students houses near stadium.

Meal times will be confirmed later.

Team Leaders Tour, Official training and technical briefing

Team Leaders tour is planned on Friday, 19 July 2024 at 18:00. All Team Leaders are kindly asked to be present at 17:55 in Call Room area.

The technical briefing will be held on Friday, 19 July 2024 at 19.00 in the building on the main stadium, after the Team Leaders Tour.

The official training will be possible on Friday, 19 July 2024 from 17:00 to 20.00 at the stadium.

Training with starters is planned on Friday, 19 July 2024 between 18:00-18:30 (final straight) and 18:30-19:00 (first bend, 400m start lines).

Questions for the technical meeting should be send by Google Forms <https://forms.gle/3MY84PGB1ZQBJSUj8> but no later than Friday, 19 July 2024 by 12.00.



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Implements checking

Is located in the main stadium building. All implements must be checked no later than 90 minutes before the start of the event.

Trials in Field Events

In all Field Events, except for the High Jump and Pole Vault, each athlete will be allowed six trials.

Scoring

Following method will be used to score in individual events: 9, 7, 6, 5, 4, 3, 2, 1 point.

DQ, DNS, DNF, NM – 0 points.

Relays will be scored by following method: 10, 8, 6, 4 points.

Victory ceremony

Teams in total score (M+F) on the 1st–4th places will be awarded with cups.

In addition, the best male/female performance of each team will be announced, indicated by Team Leaders.

Opening ceremony

Opening ceremony will take part at 12:30. No participants from teams are required.

Allocation of lanes and starting order

Lanes distribution will be made on SB available in WA statistics according to current version of WA Rules and Regulations.

Bibs

Each athlete will receive 2 bibs, which will be worn on the chest and back, except for jumping events, where one start number will be sufficient.

Protests and Appeals

An oral protest must be reported immediately to the appropriate Referee, no later than 30 minutes after the announcement of the official competition results. A protest may be submitted by a competitor (or a person acting on his behalf) who participates in the event.

A written protest to the Referee must be submitted within 30 minutes of the announcement of the official competition results, on a special form available at the TIC. A protest may be submitted by a competitor (or a person acting on his behalf) who participates in the same event.

An appeal to the appeals committee must be submitted within 30 minutes of:

official announcement of the results of a given competition or

official announcement of improved competition results as a result of a decision made by the Referee or

the person filing the protest obtains information about their right to appeal if there are no changes in the competition results.

An appeal submitted to the appeal committee must be made in writing on a form provided by the TIC, signed by the competitor, a person acting on his behalf or by an official representative of the team and submitted to the office along with proof of payment of the deposit of 100€.

If the appeal is not accepted, the deposit paid will be forfeited.



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Height's

Women:

HJ – 155-160-165-170-173-176-178-180 + 2 cm

PV – 295-315-335-345-355-365-375-385 + 5 cm

Men:

HJ – 185-190-194-198-201-204-206-208 + 2 cm

PV – 415-435-445-455-465-475-485 + 5 cm

This proposal will be confirmed at the Technical meeting.

Starting Commands

Starting commands will be given in English language.



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Okęcie



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