

INTERNATIONAL U16 FIVE COUNTRIES MATCH

HUN - CRO - CZE - SLO - SVK

29-09-2018

Olympic Sport Park - Győr

Organizer: Hungarian Athletics Association

TEAM MANUAL

1. Organizing Committee

Competition Director:	Kerner Péter
Vice Competition Director:	Petráhn Barbara
Technical Director:	Rózsa István
Secretary:	Hubacsek Dóra

The competitions will be conducted under the IAAF rules and agreed events are as follows:

2. Events

Boys: 100 m, 300 m, 1000 m, 3000 m, 100 m H (84/13-8.50), 300 m H (76.2/45-35-45), HJ, PV, LJ, SP (4 kg), DT (1 kg), JT (600 g), HT (4 kg), 4x100 m, 4x300 m mix*, 3000 m RW**

Girls: 100 m, 300 m, 600 m, 2000 m, 100 m H (76.2/13-8.25), 300 m H (76.2/45-35-45), HJ, PV, LJ, SP (3 kg), DT (1 kg), JT (500 g), HT (3 kg), 4x100 m, 3000 m RW**

***Relay team consist of 2 boys and 2 girls and running ordes is: B – G – B – G**

**** Boys and girls can compete together**

3. Participants

Age limit: born in 2003 and later).

Participants per event: 2 athletes (except relay).

4. Total number of team

According to signed contract: maximum 70 persons (including coaches and officials and busdrivers).

5.Call Room

Location: at the and of the indoor track near the 100m start.

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

Event	Apply (minutes)	Leaving (minutes)
Track events	15	10
Pole Vault	55	50
Field events	25	20
Hurdles	20	15
Relays	20	15

6. Strater'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

7. Scoring

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

8. Starting heights and bar rising

Will be specified during the technical meeting.

9. Equipment cotrol

29-09-2018 from 7:30 till 13:30 in the technical room wich is located near the finish line of the track.

10. Competition bibs

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

Teams will get the bib numbers upon arrival in the Stadium as well as the meal tickets.

11. Entries

Entries have to be sent till 12:00 25-09-2018 via e-mail: versenyiroda@atletika.hu

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

12. Arrival

Friday, 28-09-2018 between 15:00 és 17:00.

Meeting point will be at the Athletic Stadium.

Address: Olympic Sport Park, 9025. Győr, Radnóti utca 46.

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

Training possibilities here from arrival till 18:00.

13. Accomodation

Accommodation, Meals and Food Package are provided up to 70 persons for every national team.

Persons above this limit must be announced by Tuesday, 25-09-2018.

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

These people can stay only in Rába Hotel.

Price is about 75.- €/person including dinner, breakfast and lunch.

Addresses:

Hotel Rába: 9021 Győr, Árpád út 34. (Teams: HUN – CZE)

Széchenyi University Dorm: 9026 Győr, Egyetem tér 1. (Teams: CRO – SLO – SVK)

14. Meals

09-28 18:00 – 21:00 Dinner in the Széchenyi Restaurant

09-29 6:30 – 9:30 Breakfast in the Rába Hotel (the residents there) and in the Széchenyi Restaurant

09-29 11:00 – 15:00 Lunch in the Széchenyi Restaurant

Location of the Széchenyi Restaurant: 9026 Győr, Egyetem tér 1.

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

15. Technical Meeting

Technical Meeting will be held at the indoor track on 28-09-2018 at about 17:00 (before dinner)
Maximum two participants from each team are allowed.

16. Others

Warm-up area: For each event: on the OSP's 4-lane, 400m-level warm-up track.
Specialy for throws: on a separately designated and controlled place, of the warm-up track, but only rotations are possible, throws are forbidden!

Dressing rooms: at the hotels or at the Stadium.

Opening Ceremony: From each team 5 participants can take part in. Details at the Technical Meeting.

Timetable

Call room		Start	Events	
Last call	Leaving			
8:35	8:40	9:00	hammer throw	boys
9:45	9:50	10:10	hammer throw	girls
		10:45	OPENING CEREMONY	
10:45	10:50	11:00	3000 m race walking	boys/girls
10:05	10:10	11:00	pole vault	boys
10:35	10:40	11:00	high jump	girls
10:35	10:40	11:00	long jump	boys
11:00	11:05	11:25	javelin throw	boys
11:20	11:25	11:40	300 m hurdles	girls
11:30	11:35	11:50	300 m hurdles	boys
11:35	11:40	12:00	shot put	boys
11:50	11:55	12:05	600 m	girls
12:00	12:05	12:15	1000 m	boys
12:05	12:10	12:30	long jump	girls
12:15	12:20	12:30	100 m	girls
12:10	12:15	12:35	javelin throw	girls
12:25	12:30	12:40	100 m	boys
12:35	12:40	12:55	100 m hurdles	girls
12:35	12:40	13:00	high jump	boys
12:45	12:50	13:05	100 m hurdles	boys
12:50	12:55	13:15	shot put	girls
13:05	13:10	13:20	300 m	girls
13:15	13:20	13:30	300 m	boys
12:50	12:55	13:45	pole vault	girls
13:30	13:35	13:45	2000 m	girls
13:25	13:30	13:50	discus throw	boys
13:45	13:50	14:00	3000 m	boys
14:05	14:10	14:25	4x100 m relay	girls
14:15	14:20	14:35	4x100 m relay	boys
14:25	14:30	14:45	4x300 m mixed relay	boys/girls
14:35	14:40	15:00	discus throw	girls
		16:10	TEAM AWARDS CEREMONY	