

INTERNATIONAL U16 FIVE COUNTRIES MATCH

SVK – CZE – SLO – CRO – HUN

Nitra, 1. 10. 2011

Athletic stadium TJ STAVBAR, Trieda Andreja Hlinku 55

Organizer: on behalf of Slovak Athletic Federation- Athletic club ŠG Stavbár Nitra

TEAM MANUAL

1. Organizing Committee:

Competition Director: Tibor Danáč

Competition Manager: Martin Illéš

Technical Director: Milan Giraltoš

2. Jury:

Miroslav Illéš

Ivan Čillík

3. Events:

Boys: 100m - 300m - 1000m - 3000m - 100m hurdles /84,0/8,50/ - 300m hurdles /76,2/ - High Jump - Long Jump - Pole Vault - Shot Put /4kg/ - Discus Throw /1kg/ - Javelin Throw /600g/ - Hammer Throw /4kg/ - 4x100m - 3000m walk

Girls: 100m - 300m - 600m - 2000m - 100m hurdles /76,2/8,25/ - 300m hurdles /76,2/ - High Jump - Long Jump - Pole Vault - Shot Put /3kg/ - Discus Throw /1kg/ - Javelin Throw /600g/ - Hammer Throw /3kg/ - 4x100m - 3000m walk

Boys + girls: 4x300m (team consists of 2 boys and 2 girls, running order: B-G-B-G)

4. Participants:

Age limit: 15 years (born in 1996 and later)

Participants per event: 2 athletes (except relays)

5. Total number of team:

According to signed contract: maximum 65 persons (including coaches and officials)

6. Call Room:

Tent fly with sign „Call room“ will be located next to the training hammer area, start of 300m. All athletes must report according to the following times before the start of the corresponding event:

Event	Call Room Opens (minutes)	Call Room Closes (minutes)	Departure to Event (minutes)
Track Events	30	20	15
Pole Vault	50	45	40
Field Events	35	25	20
Hurdles	35	25	20

7. Starter`s commands:

- for distance up to and including 300m: „pripravte sa – pozor – shot“

- for distance of 600m and more: „pripravte sa – shot“

8. Scoring:

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

Relays: 6 - 4 - 3 - 2 - 1

9. Starting heights and bar rising:

Will be specified at technical meeting (30. 9. 2011).

10. Equipment control:

1.10. 2011 - from 8.30 till 10.00 in main building of the stadium

11. Doping control:

Will be provided in accordance with IAAF Rules

12. Competition bibs:

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

13. Entries:

Entries will be sent till 26.9.2011 to the e-mail address: toth@atlet.sk .

Each entry must contain: names of the competitors, the year of their birth, season best and the names of officials. Please also send phone number of the team manager.

14. Arrival:**30.9.2011 at 16.00**

The meet point will be at the Stadium TJ Stavbar, Trieda Andreja Hlinku 55, SK - 949 01 Nitra, Slovak Republic.

+48° 18' 52.20", +18° 6' 13.83" (phone: +00421907229027)

From this place teams will be accompanied to the accommodation.

15. Accommodation:

SVK - Hotel Olympia
CZE - Hotel Olympia
SLO - Trans motel
CRO - Trans motel
HUN - Hotel XAWAX

16. Meals :

30. 9. Dinner: Hotel Olympia SVK - CZE - HUN
Trans motel – SLO – CRO
1. 10. Breakfast: at point of accommodation
1. 10. Lunch: hotel Olympia 12.00 – 14.30

17. Technical meeting:

Technical meeting will be held at the hotel Olympia after dinner (30.9.2011) about 20.00. Maximum two participants from each team are allowed.

18. Others:

Warming up will be possible around the track. There is a grass area and a special 120m runway.

Dressing rooms are located in main building (organizer is not responsible for personal belongings and potential losses).

From each team 5 participants will take part in *Opening ceremony*. They must be present at 9.40 in front of grandstand.

19. Timetable:

09.30	Hammer Throw B (sector A)	Hammer Throw G (sector B)
09.45	Opening ceremony	
10.00	3 000 m walk G	Pole Vault G
10.30	3 000 m walk B	Long Jump G
10.45		Shot Put B
11.00	100 m hurdles G	
11.15	100 m hurdles B	
11.30	100 m G	
11.40	100 m B	
11.55	600 m G	
12.05	1000 m B	Discus B
12.20	300 m G	High Jump G
12.35	300 m B	Pole Vault B
12.45	1st block of Victory ceremony (Hammer G, B, Walk G, B, Pole Vault B, Long Jump G, Discus G, Shot Put B, 100 m hurdles G, B, 100 m G, B, 600 m G, 1000m B)	
13.15	Javelin Throw G	
13.30	300 m hurdles G	
13.45	300 m hurdles B	
14.00	2000 m G	High Jump B
14.20	3000 m B	Javelin Throw B
14.45	4 x 100 m G	
15.00	4 x 100 m B	
15.15	4 x 300 m G+B	
15.30	2nd block of Victory ceremony	

G-girls **B-boys**

20. Allocation of lanes and the order of competitors:

BOYS

SVK-A
HUN-B
SLO- C
CZE-D
CRO-E

GIRLS

SLO- A
CRO-B
CZE-C
SVK - D
HUN - E

Lane/order	1	2	3	4	5	6	7	8	9	10
100m			A1	B1	C1	D1	E1			
100m			B2	C2	D2	E2	A2			
300m			C1	D1	E1	A1	B1			
300m			D2	E2	A2	B2	C2			
1000m/600m	E1	A1	B1	C1	D1	E2	A2	B2	C2	D2
3000/2000m	A1	B1	C1	D1	E1	A2	B2	C2	D2	E2
100m hurd.			B1	C1	D1	E1	A1			
100m hurd.			C2	D2	E2	A2	B2			
300m hurd.			D1	E1	A1	B1	C1			
300m hurd.			E2	A2	B2	C2	D2			
4x100m			A	B	C	D	E			
4x300m			B	C	D	E	A			
High Jump	C1	D1	E1	A1	B1	C2	D2	E2	A2	B2
Long Jump	D1	E1	A1	B1	C1	D2	E2	A2	B2	C2
Pole Vault	E1	A1	B1	C1	D1	E2	A2	B2	C2	D2
Shot Put	A1	B1	C1	D1	E1	A2	B2	C2	D2	E2
Discus	B1	C1	D1	E1	A1	B2	C2	D2	E2	A2
Javelin	C1	D1	E1	A1	B1	C2	D2	E2	A2	B2
Hammer	D1	E1	A1	B1	C1	D2	E2	A2	B2	C2
3000m walk	E1	A1	B1	C1	D1	E2	A2	B2	C2	D2