

## International U18 Four Countries Match

HUN - CZE - SLO – SVK

29 June 2022

### 1. Location:

Bregyó közí Regionális Atlétikai Központ  
Hungary-8000 Székesfehérvár, Bregyó köz 1.

### 2. Organizer:

Hungarian Athletics Association and Alba Regia Athletics Club

### 3. Organizing Committee:

Competition Director:	Pappné Fodor Kinga
Deputy Competition Director:	Bogár Lilla
Technical Director:	Kopcsay Zoltán
Secretary:	Koncz Ágnes

### 4. Events:

#### Men:

100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m, 110 m H (91,4/13,72-9,14-14,02), 400 m H (83,8/45-35-40), 2000 m sc (83,8cm; 18 barrier - 5 water jump), HJ, LJ, TJ (11 m), PV, SP (5 kg), DT (1,5 kg), JT (700 g), HT (5 kg), 5000 m race walking, medley relay (100m-200m-300m-400m)

#### Women:

100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m, 100 m H (76,2/13,00-8,50-10,50), 400 m H (76,2/45-35-40), 2000 m sc (76,2cm; 18 barrier - 5 water jump), HJ, LJ, TJ (9 m), PV, SP (3 kg), DT (1kg), JT (500 g), HT (3 kg), 5000 m race walking, medley relay (100m-200m-300m-400m)

### 5. Participants

Age limit: born in 2005/2006  
Participants per event: 2 athletes and 1 relay

### 6. Total number of team

Maximum 86 person  
(including coaches and officials and busdriver).

## 7. Call Room

Location: at the end of the indoor track near the 80 m start

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

<b>Event</b>	<b>Apply (minutes)</b>	<b>Leaving (minutes)</b>
Track events	15	10
Race walking	15	10
Pole Vault	55	50
Field events	30	25
Hurdles	20	15
Relays	20	15

## 8. 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

## 9. Scoring

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

Relays: 9 - 6 - 4 - 2

## 10. Starting heights and bar rising

Will be specified during the technical meeting.

## 11. Equipment control

29 June 2022 from 9:00 till 15:00 in the room which is opening from the indoor track. After the events equipments can be picked up here. The equipments will be delivered to the events by the judges.

## 12. 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.

## 13. Competition bibs take over

Teams will get the bib numbers during the technical meeting as well as the meal tickets.

## 14. Entries

Entries have to be sent till 12:00 22 June 2022 via e-mail:

[versenyiroda@atletika.hu](mailto:versenyiroda@atletika.hu)

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

## **15. Arrival and Accommodation**

Accommodation, Meals and Food Package are provided up to 86 persons for every national team.

Addresses:

Nemes Nagy Ágnes College: H-8000 Székesfehérvár, Gyümölcs street 13.

Arrival: after 3 p.m.

Training on the arrival day: till 6:30 p.m.

Bed linen are provided; however, towels are not at the accommodation.

## **16. Meals**

06-28	18:00 – 21:00	dinner at the accommodation
06-29	6:30 – 9:30	breakfast at the accommodation
06-29	11:00 – 15:00	lunch at the field

Lunch boxes will be provided for departure.

## **17. Technical Meeting**

06-28 17:00 at the courtroom in the Regional Athletics Centre.

Maximum 2 participants from each team are allowed.

## **18. Warm-up**

On the 600 m warm up track and the indoor track. Specially for throws: out of the 600 m warm up track.

## **19. Dressing rooms**

Possible at the woodhouse.

We don't take responsibility for the left values in the dressing rooms.

## **20. Opening Ceremony**

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

## International U18 Four Countries Match Timetable

Call room	Leaving	Start	Events	
		<b>9:00</b>	5000 m race walking	women
		<b>9:30</b>	5000 m race walking	men
		<b>9:45</b>	<b>Opening Ceremony</b>	
		<b>10:00</b>	pole vault	women
		<b>10:10</b>	3000 m	women
		<b>10:15</b>	long jump	men
		<b>10:30</b>	3000 m	men
		<b>11:00</b>	2000 m steeplechase	women
		<b>11:05</b>	high jump	men
		<b>11:10</b>	shot put	women
		<b>11:15</b>	hammer throw	women
		<b>11:15</b>	2000 m steeplechase	men
		<b>11:35</b>	400 m hurdles	women
		<b>11:50</b>	long jump	women
		<b>11:55</b>	400 m hurdles	men
		<b>12:10</b>	400 m	women
		<b>12:25</b>	400 m	men
		<b>12:35</b>	shot put	men
		<b>12:40</b>	800 m	women
		<b>12:50</b>	hammer throw	men
		<b>13:00</b>	800 m	men
		<b>13:15</b>	100 m	women
		<b>13:20</b>	high jump	women
		<b>13:25</b>	triple jump	men
		<b>13:30</b>	100 m	men
		<b>13:50</b>	pole vault	men
		<b>13:55</b>	100 m hurdles	women
		<b>14:10</b>	javelin throw	women
		<b>14:15</b>	110 m hurdles	men
		<b>14:25</b>	discus throw	men
		<b>14:40</b>	200 m	women
		<b>14:55</b>	200 m	men
		<b>14:55</b>	triple jump	women
		<b>15:10</b>	1500 m	women
		<b>15:20</b>	1500 m	men
		<b>15:35</b>	javelin throw	men
		<b>15:40</b>	medley relay	women
		<b>15:45</b>	discus throw	women
		<b>16:00</b>	medley relay	men
		<b>17:00</b>	<b>Team Awards Ceremony</b>	