

LEICHTATHLETIK/TRACK&FIELD/ATHLÉTISME

Zeitplan/Schedule/Annexe

Stand/Date: 30.05.2011



Austragungsort/Location/Place: Jahnkampfbahn

Donnerstag, 23. Juni 2011

Thursday, June 23, 2011

Jeudi, 23 Juin 2011

Zeit Time Temps	Lauf Race Course	Weitsprung Long jump Saute en longueur	Hochsprung High jump Saute en hauteur	Kugelstoßen Shot put Lancement du poids	Speerwurf Javelin Javelot
12:00	100 m - W : A to E	W : A to E (2 facilities)	M : A to C	M : D + E (2 facilities)	
12:15	100 m - M : A to E				
12:45					
13:15	1500 m - W : A to E				
13:30					
13:45	100 m Running Finish W+M (for 8 with best times of qualifying race)				
14:15	5000 m - M : A + B				
14:45					W : A to E
15:15	Award ceremony				
15:45	5000 m - M : C	M : A + B (2 facilities)	M : D + E		
16:45	5000 m - M : D + E				
17:15	400 m - W : A to E				
17:30	400 m - M : A to E				
18:15	Award ceremony				

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Freitag, 24. Juni 2011

Friday, June 24, 2011

Vendredi, 24 Juin 2011

Zeit Time Temps	Lauf Race Course	Weitsprung Long jump Saute en longueur	Hochsprung High jump Saute en hauteur	Kugelstoßen Shot put Lancement du poids	Speerwurf Javelin Javelot
12:00	200 m - W : B to E	M : C to E (2 facilities)	W : A to E	W : A to E (2 facilities)	M : A to C
12:30	200 m - M : A to E				
13:30	800 m - W : A to E				
14:00	800 m - M : A to E				
14:30	5000 m - W : A to E				
15:00			W : A to E	M : A to C (2 facilities)	M : D + E
15:30					
15:45	Award ceremony				
16:15	1500 m - M : A to E				
17:15	4 x 100 m - Relay				
18:00	Award ceremony				

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Samstag, 25. Juni 2011

Saturday, June 25, 2011

Samedi, 25 Juin 2011

09:45	10 Km - Race	Start and finish in the Jahnkampfbahn (stadium), 1 lap in the park
10:00	Half - Marathon	Start and finish in the Jahnkampfbahn (stadium), 2 laps in the park
Finish 13.00	Numbers in different colors for 10 km and HM The numbers of the 23. and 24. June are not valid	

Classes

A = W / M 16 - 30

B = W / M 31 - 40

C = W / M 41 - 50

D = W / M 51 - 60

E = W / M 61

Year of birth

1981 - 1995

1971 - 1980

1961 - 1970

1951 - 1960

1950 and earlier

Weight : Shot put / Javelin :

W : 4 Kg / 600 g // M : 7,25 Kg / 800 g

W : 4 Kg / 600 g // M : 7,25 Kg / 800 g

W : 4 Kg / 600 g // M : 7,25 Kg / 800 g

W : 3 Kg / 600 g // M : 6 Kg / 800 g

W : 3 Kg / 400 g // M : 5 Kg / 600 g

Rules of competition :

Carrying out of competitions under the rules of EFCS, DLV and IWR

(Exception: the weights - see above)

Technical disciplines: the best 8 of each year's issues have 3 additional attempts

Courses from 200 to 5000m : no forerun, only qualifying race

Long jump: from beam // High jump: increase M - 5 cm , W - 3 cm

Shot put and Javelin : Equipment from organizer

Registration at registrationdesk : 30 min before start of competition

No late registration and and no changes !

Uwe Matthiessen

BSV LA-Ausschuss

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