

Polish Athletic Association

International Match U23



CZECH REPUBLIC – HUNGARY – SLOVENIA – POLAND



July 8, 2018 in Cracow

AWF Stadium



On behalf of:

POLISH ATHLETIC ASSOCIATION

4 Mysłowicka Street, 01-612 Warszawa / POL

www.pzla.pl | pzla@pzla.pl | +48 22 896 0207

Organized by:

MAŁOPOLSKI ZWIĄZEK LEKKIEJ ATLETYKI / Lesser Poland Regional Athletic Association

5/1 Śląska Street, 30-003 Kraków / POL

www.lekkoatletyka.net.pl | kozla.pl@interia.pl

Date and venue:

Sunday – 8/07/2018

AWF Stadium – 45 Jana Pawła II Avenue, Kraków / POL

The stadium is equipped with 8 lanes in straight track as well as in oval track.

LOC:

PZLA President	Henryk Olszewski
LOC President:	Grzegorz Sobczyk
PZLA Delegate:	Janusz Krynicki
Event Director:	Jakub Sowiński
Technical Director:	Tomasz Popłoński
Main Referee:	Ewa Małczyk
Accommodation, VIP:	Wioleta Kawa
Competition Office, Call Room, Press:	Małgorzata Mędrecka

Arrival of teams:

Saturday, 07 July 2018 by 6 p. m. to the accommodation address.

Accommodation:

All teams will be accommodated in AWF Dormitory. The distance to the stadium is approximately 150.

The organizer will not provide transfer to the venue.

The Organizer will cover full board accommodation for 82 people **(TWO NIGHTS – 7/8 & 8/9 July)**

In case of more athletes or accompanying persons attending the event, price for accommodation including meals equals the current price list of AWF Dormitory.





Board:

Meals will be served in the Dining room of the AWF Dormitory

Technical meeting:

Technical meeting will be held on Saturday 07 July 2018 at 20:30 at the AWF Restaurant Docent.

A maximum of four representatives per each team may attend.

Entry forms:

The list of participants with names in alphabetical order shall be sent on the official Entry Forms (appendix 2) by Friday 29 June 2018, 8 p. m. in electronic version to the grzegorz.sobczyk@pzla.pl

Technical information:

Categories

Men U23: 1996 and younger

Women U23: 1996 and younger

The team will consist of maximum 82 persons (including officials).

Events:

Men U23:

100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 110 m H, 400 m H, 3 000 SC, 4x100 m, 4x400 m, long jump, high jump, pole vault, triple jump, shot put, discus throw, hammer throw, javelin throw.

Women U23:

100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m, 3000 SC, 100 m H, 400 m H, 4x100 m, 4x400 m, long jump, high jump, pole vault, triple jump, shot put, discus throw, hammer throw, javelin throw.

Scoring:

In individual events, the scoring method is as follows: 9, 7, 6, 5, 4, 3, 2, 1 point. In relay, the scoring is as follows: 9, 6, 4, 2 points.

Doping control:

Doping controls shall be conducted in accordance with IAAF Rules and Procedures.

Team dressing rooms:

They are placed in the stadium area. The dressing rooms will only be used for changing.

Warm-up:

It is situated in the warm-up stadium.

Training:

Training is possible on Saturday 07 July from 16:00 to 19:00. at the warm-up stadium.

Call room:

It will be placed in the warm-up area at the

Call room times:

All times are prior to the actual starting time of the event.





- running events: 15 minutes before
- field events: 25 minutes before
- pole vault: 60 minutes before
- hammer throw: 40 minutes before

Athletes will be guided to the competition site by referees in the following times:

- running events: 10 minutes before
- field events: 20 minutes before
- pole vault: 55 minutes before
- hammer throw: 35 minutes before

High jump/pole vault starting heights and progression:

Women U23:

HJ – 145-150-155-160-165-170-175-179-182-184 + 2 cm

PV – 220-240-260-280-300-310-320-330-340-350-360-370-380-390 + 5 cm

Men U23:

HJ – 180-185-190-194-198-202-205-208-211-214 + 2 cm

PV – 360-380-400-420-430-440-450-460-470-480-490-500-510 + 5 cm

This proposal will be confirmed at the Technical meeting.

Starting Commands:

Starting commands will be given in English language.

Victory ceremony and prizes

The Victory ceremony will be held after the competition. Overall team ranking will be announced as well as the results of Men 23 and Women 23 separately.



Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie, 31-571 Kraków, Al. Jana Pawła II 78

The image is a screenshot of a Google Maps browser window. The main map area shows Kraków, Poland, with a red pin marking the location of the Akademia Wychowania Fizycznego im. Bronisława Czecha (AWF) at Al. Jana Pawła II 78. The map includes labels for various districts and landmarks like the Bielasko-Tyński Park. The left sidebar contains the following information:

- Search bar: "stadion awf aleja jana pawła ii 78"
- Image of the stadium with a blue overlay containing:
 - Address: "Akademia Wychowania Fizycznego im. Bronisława Czecha Wymierz trasę w Krakowie"
 - Rating: "4,7 ★★★★★ · Opinie: 38"
 - Buttons: "ZAPISZ", "W POBLIŻY", "WYŚLIJ NA TELEFON", "UDOSTĘPNIJ"
- History/Recent locations:
 - "Odwiedzane 4 miesiące temu"
 - "al. Jana Pawła II 78, 31-571 Kraków"
 - "awf.krakow.pl"
 - "12 683 10 00"
 - "Dodaj etykietę"
 - "ZAPROSIJ ZMIANĘ"
- Photo gallery:
 - Two thumbnail photos of the stadium interior.
 - Text: "Zdjęcia: 39+" and "Dodaj zdjęcie"
- Summary of reviews:
 - Text: "Podsumowanie opinii"
 - Bar chart showing a distribution of ratings from 3 to 5 stars.
 - Large rating: "4,7"

The bottom of the browser window shows the Windows taskbar with the date "1801 2018-05-21".

stadium awf aleja jana pawla 78

Wydz. Mechaniczny

Kraków City Pass

Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie

4,7 ★★★★★ - Opinie: 38

Wyznacz trasę

ZAPISZ W POBLIŻY WYŚLIJ NA TELEFON UDOŚTĘPNIJ

Odowiedzone 4 miesiące temu

al. Jana Pawła II 78, 31-571 Kraków

waf.krakow.pl

12 683 10 00

Dodaj etykietę

ZAPROPONUJ ZMIANĘ

Zdjęcia: 39

Dodaj zdjęcie

Podsumowanie opinii

5 ★ 4 ★ 3 ★

4,7

ACCOMMODATION

TECHNICAL MEETING DOCENT RESTAURANT

RESTAURANT HALL TO GAMES

OFFICE OF THE MATCH STADIUM TRIBUNE 016

ORGANIZATIONAL MEETING OF TEAMS

PARKING

CZECH REPUBLIC SLOVAKIA HUNGARY POLAND

Google

Zdjęcia ©2018 Google. Dane mapy ©2018 Google. Polska, Warszawa, Przewóz opłony

17:57 2018-06-21

