

CROATIAN MASTERS ATHLETICS ASSOCIATION

7th annual Interstate masters match

Austria - Czech Republic – Slovenia - Hungary – Swiss - Croatia

- Date:** Saturday, 25th Avgust, 2018
- Place:** Athletic stadium SRC Mladost, Čakovec
- Organizer:** AK Medjimurje on behalf of CMAA
- Events:** Men / women : 100m, 400m, 1500m, 4x100m (min 200 years / 180 years), long jump, high jump , triple jump, pole vault, shot put, discus, javelin and hammer throw.
All throws and horizontal jumps will be 4 attempts !
- Starting:** Each national team nominates 2 master athletes for each event.
Starts out of competition due to restricted timetable will be allowed just in races (max 3 athletes per race / event).
- Restrictions:** Each athlete may compete in maximum two disciplines plus relay.
- Rankings:** All performances in each event will be recounted by using the WMA age factors and the single result list will gain: 12,11,10,9,8,7,6,5,4,3,2,1 points
Relay: 12, 10, 8, 6, 4, 2.
- Awards:** All national combined teams Men and Women will be decorated by cups.
First three best results among Men and Women will be decorated by presents.
- Safety:** Only competing persons and team leaders may enter the sports sites.
Every athlete will compete under his own responsibility.
- Participation fee:** 10 € per athlete
- Technical meeting for team leaders:** Saturday 25.8. at 13.30 at the stadium !
- Dinner and Get-together-party:**15 € per participant – in Studentski dom, Varaždin at 20.00
- Entries:** Final start list for each team in special form should be sent at latest until August 15th to ivan.puksar7@gmail.com . Form (excell or similar) will be sent to team managers until July the 1st.

Welcome in Varaždin & Čakovec !

Ivan Pukšar, President
Organizing Committee / 7th Interstate match

PRELIMINARY SCHEDULE

of the 7th Interstate match AUT-CZE-CRO-HUN-SWI-SLO on 25.8.2018 in Čakovec:

13:00	Hammer throw W		
14:30	Hammer throw M	Triple jump W	Javelin W
15.00	OPENING CEREMONY		
15.15		Pole vault W	Shot put M
15.30	100m W		
15.45	100m M	Triple jump M	
16.00		High jump W	Discus W
16.15		Long jump W	
16:30	400 m W		Pole vault M Javelin M
16.45	400 m M		
17.00	1500m W	High jump M	Discus M
17:15	1500m M		Shot put W
17:30		Long jump M	
18:30	4x100m W		
18:35	4x100m m		
18.45	Photo session at stadium – all teams !		

20.00 Dinner and Get – together party, with team awardings at Studentski dom Varaždin

Final schedule will be sent to team managers at least 3 days before the start of competition !

WELCOME !