



PLAY TOGETHER ATHLETICS

23/24 luglio 2022 TRIESTE

Comitato Regionale FIDAL Friuli Venezia Giulia
Federazione Italiana Atletica Leggera

- LOCALITY - TRIESTE, Grezar Stadium via Flavia DATE - Saturday 23 and Sunday 24 July 2022
- ORGANIZATION - FIDAL FVG Regional Committee with the collaboration of CUS Trieste and CR CONI FVG.
- RULES FOR PARTICIPATION - registration and confirmations close at midnight on Tuesday 19 July 2022
- • COLLECTION OF REPRESENTATIVE ENVELOPES AT THE TIC WITHIN HOURS (14 TIC opening at 13)
- • DELIVERY OF REPRESENTATIVE CHANGES FORMS BY 2.45 pm
- • DELIVERY OF THE BRACKET CONFIRMATION FORMS WITHIN 2 HOURS FROM THE START OF THE RACE.
- □ publication of the list of confirmed athletes in COMMUNICATIONS AND REPORTS
- • Any reports of changes or replacements must be communicated to the mail informatica.fvg@fidal.it and will be evaluated by the Technical Delegate.
- • Registrations and confirmations at the secretariat are not allowed. INFORMATION
- FIDAL CR Friuli Venezia Giulia - tel. 040 829190 email cr.friulivg@fidal.it
- Regional Technical Trustee: Alessandro Brondani - tel. 333 2432272 email alessandrobrondani.ftr.fvg@gmail.com
- Technical Delegate: Ursino Massimiliano - tel. 320 0956029 email max.ursino@gmail.com
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- RTI and Exhibition TECHNICAL STANDARDS
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- 1. All ENROLLMENTS of FIDAL Registered Athletes will be verified through the FIDAL database, the representative of Slovenia will have to self-certify the regular registration position of their Athletes with an Affiliated Company.
- 2. All Athletes registered through the cumulative form are automatically considered CONFIRMED.
- 3. Any cancellations or changes (change of race or Athlete substitution) must be made by 14:45 on Saturday 23 July 2022.
- 4. The Athlete who has confirmed participation in a competition, but then does not take part in it, will be excluded from participating in any subsequent competitions in which he is registered and confirmed, except for a justified certification from the Doctor on duty at the Event valid exclusively for the second day.
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- 5. All running races are held in series.
- 6. In all competitions (excluding Auction and Alto) the Athletes with the best 8 performances will be admitted to the final including the M F Javelin Throw which takes place concurrently with the Athletes participating in the CUS Trieste Meeting.
- 7. In the Women's High Jump, the jump times will be applied considering the presence in the competition of all the athletes registered both in the CUS Trieste Meeting and in the Quadrangular, the Winners of the 2 concurrent High Competitions will have the right to choose the subsequent measures of progression.
- 8. In all competitions, each athlete will be allowed at least two test jumps or jumps before the competition, in the same competition order.
- 9. Each athlete can play a maximum of 2 individual competitions and 1 relay or 1 individual competition and 2 relay races
- 10. Non-ranking athletes are not allowed.
- 11. In the Obstacle and Throwing competitions the heights and the weight of the tools of the Absolute Category are used.
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- 12. Technical Direction and Delivery of Throwing Equipment.
- The delivery of personal tools for control will take place in a special area located at the Technical Management warehouse in the Call Room access area, within the time limit of 1h30 before the start of the related race.
- 13. For anything not provided for, please refer to the FIDAL 2022 Regulation.
- 14. Results will be available online, no prints will be posted.
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- Awards:
 - All participants of each female and male competition from 1st to 8th will be awarded with a medal.
 - For the representative classification, 8 points will be assigned to the 1st of each race, and to climb up to 1 point to the 8th, these scores will be added to define the final ranking position.

TECHNICAL PROGRAM Men Quadrangolare

UNDER23/ JUN : 200 - 400 - 4X100 - High Jump - Javelin 800 gr

TECHNICAL PROGRAM Women Quadrangolare

UNDER23/ JUN : 200 - 400 - 4X100 - High Jump - Javelin 600 gr - Shot Put 4kg

SATURDAY 23 JULY 2022**Meeting ORE 14:00**

Uomini	Donne	CAT	CR IN	CR OUT	ORA
	LUNGO CUS	ASS	15:15	15:25	15:45
	100 hs h84 CUS	ASS	15:25	15:35	15:45
HIGH JUMP		U23 U20	15.05	15.15	15:45
100 CIP CUS	100 CIP CUS	CIP	15:35	15:45	15:55
SHOT PUT CIP CUS	SHOT PUT CUS	CIP	15:30	15:40	16:00
100 batt CUS		ASS	15:40	15:50	16:00
	JAVELIN	U23 U20	15:30	15:40	16:00
	JAVELIN CUS	ASS	15:30	15:40	16:00
	100 heats CUS	ASS	16:05	16:15	16:25
800 CUS		ASS	16.30	16:40	16:50
LONG JUMP CUS		ASS	16.40	16.40	17:10
	800 CUS	ASS	16:50	17.00	17:10
JAVELIN CUS		ASS	17:00	17:10	17:30
JAVELIN		U23 U20	17:00	17:10	17:30
	HIGH JUMP CUS	ASS	17:10	17:20	17:40
	HIGH JUMP	U23 U20	17:10	17:20	17:40
200		U23 U20	17:05	17:15	17:25
	200	U23 U20	17:15	17:25	17:35
	SHOT PUT	U23 U20	17.10	17.20	17:40
400 CUS		ASS	17:30	17:40	17:50
400		U23 U20	17:45	17:55	18:05
	400 CUS	ASS	18:00	18:10	18:20
	400	U23 U20	18:05	18:15	18:25
100 FIN CUS		ASS	18:10	18:20	18:30
	100 FIN CUS	ASS	18:20	18:30	18:40
4X100		U23 U20	19:00	19:10	19:20
	4X100	U23 U20	19:10	19:20	19:30

HIGH JUMP M		168	173	178	182	186	189	192	195
198	201	204	206	208	210	212	214	216	+2

HIGH JUMP F		140	145	150	154	157	160	163	166
169	172	174	+2						

TECHNICAL PROGRAM Men Quadrangolare

UNDER23/20 : 110hs h106 - 1500 - 4X400 mista - Martello 7,260 kg - Triplo - Disco 2kg - Asta

TECHNICAL PROGRAM Women Quadrangolare

UNDER23/20 : 100hs h84 -1500 - 4x400 mista - Asta - Triplo - Disco 1kg

SUNDAY 24 JULY 2022

Meeting ORE 8:15

Uomini	Donne	U23 U20	CR IN	CR OUT	ORA
	POLE VAULT		8:40	8:50	9.30
HAMMER THROW			9.30	9.40	10:00
	1500		9.40	9.50	10:00
	TRIPLE JUMP		9.40	9.50	10:15
1500			10:00	10:10	10:20
110 hs h106			10:20	10:30	10:40
	100 hs h84		10:40	10:50	11:00
DISCUS THROW			11:00	11:10	11:10
TRIPLE JUMP			10:55	11:05	11:30
POLE VAULT			10:50	11:00	11:30
4X400 MIXED	4X400 MIXED		11:35	11:45	12:00
	DISCUS THROW		11:50	12:00	12:20
AWARDS	REPRESENTATIVE				13:30

POLE VAULT M		275	300	325	345	365	385	400	415
425	435	445	455	460	465	470	475	480	485
490	495	500	+5						
POLE VAULT F		265	285	305	320	335	345	350	355
360	365	370	375	+5					