HUNGARIAN SENIOR INDOOR TRACK & FIELD 2013. CHAMPIONSHIP
AND INTERNATIONAL INDOOR OPEN CHAMPIONSHIP and WINTER THROWER’S CHAMPIONSHIP

1. CHAMPIONSHIP: The Hungarian and International Indoor Masters Championship, for Hungarian and international senior competitors (open championship).

2. Championship date: March 10th. 2013. Sunday
Location: Budapest, SYMA Hall (Budapest, XIV.distcrit Dózsa György str. 1.) and Thrower center (at near Puskás Ferenc Stadion)
Organiser: SZAMOSZ

3. Participants: Any senior competitor may enter who was born before March 10, 1978. and who take the responsibility of entering with good health conditions. Furthermore, any registered athlete can enter for gaining senior competition experience. In those events where there are more than 8 athletes entered into the championship event, we organise finals.

4. Pre-Registry: Pre-registry deadline March 8th, 2013. through e-mail: bpatletika2@gmail.com
Please give your age group, event name, and any other personal information when you pre-register!
Once you pre-register, you may pay the fee on premises in the SYMA hall. (Throwing’s events too.)

5. Registry in Stadium: Registry on premises, 75 minutes before the event.
Registry fee: in case of pre-registry: 2,000 HUF/event
children: 500 HUF/event
adolescent: 1000 HUF/event
in case of field entry 2,500 HUF/event
The first event is free for the competitors above the 70 years.

6. MEDALS: The 1-3 placers athletes receive medals. International competitors separately receive medals or certificate. (from M35 and W35) People under 35 are also able to compete.

7. CHANGE ROOM: Change rooms are in the stadium. We are not taking responsibility for the lost personal items.
TIME SCHEDULE
(SYMA Hall 10th March 2013)

10:30 60m men + women (child and adolescent)
   Shot Put women W35 from older age groups (2, 3, 4 kg)
11:00 60m men
   Men + women pole vault
11:30 60m Women
12:00 60m hurdles men + women
   Men + women long jump
   Women pole vault (adolescence - adult, beginner height 2.80m)
   M35 Shot Put men from older age groups (3, 4, 5, 6, 7.26 kg)
12:30 200m men
12:50 200m women
13:00 800m men
13:20 800m women
13:40 High Jump women + men
   400m men
14:00 400m women tt.
14:20 1500m men
14:40 1500m women
14:50 3000m men + women (if more than 3 female competitors,
   special leave of the ladies race)
15:00 Triple Jump men + women
15:10 5000/3000m walk men / women

TIME SCHEDULE
(Thrower center 10th March 2013)

11:00 turbojav Javelin (6-8 year 300g, 9-10 year 400g, 11-12 year 500g)
11:30 turbojav Javelin (everyone who wants to try) 400g
12:30 Javelin Throw women (400, 500, 600g)
   Javelin Throw men (400, 500, 600, 700, 800g)
14:00 Hammer Throw Women (2, 3, 4 kg)
   Hammer throw men (3, 4, 5, 6, 7.26 kg)
15:00 Discus Throw Women (0.75, 1kg)
   Discus throw men (1.15; 2kg)
15:30 Heavy hammer throw (women + men)
   (women: 4, 5.45, 7.26, 9.08 kg)
   (men: 5.45, 7.26, 9.08, 11.34, 15.88 kg)

SEE YOU IN BUDAPEST! MARCH 10TH, 2013