



NATIONAL CHAMPIONSHIP OF SENIOR ATHLETES, 2013.

Sunday, July 21st, 2013
Ikarus Athletic Field, 1165 Budapest, Bányó utca 1.

1. Aim of competition: Find the National Senior Champion, provide with opportunity of competition the members of Hungarian Senior Association, registered or international competitors.

2. Date of championship: Sunday, July 21st, 2013

Place: Budapest, Ikarus Athletic Field, XVI. district, Bányó utca 1.
Organizer: SZAMOSZ (Hungarian Senior Track&Field Association)

3. Participants: - All people in age of senior (born before July 21st 1983), who paid the yearly membership fee (5,000 HUF) and declare with signature that participate at his/her own risk.

Registered athletes who have valid permission of competition and medical license.

- For registered athletes in events marked with „+ **registered**” competition is provided with condition of adult age group. Here may participate children older than 15, but only in events where rules for age group allow.

4. Registration: Pre-registration deadline: **July 18th 2013.**

e-mail: jsanya@t-online.hu (secretariat), info.szamosz@gmail.com

When pre-registration please provide age group!

Pre-registered participants have to register on-site and pay the entry fee.

5. Call for event on-site, 75 minutes before event start.

Entry fee		Pre-registered	On-site registered
First event	senior	2000 HUF	2500 HUF
	non-senior	1500 HUF	
	Above 70	<i>Free of charge</i>	
Second event		1500 HUF	
Third event		1000 HUF	
Fourth event and more		500 HUF	

6. Prize: Medals at places of 1-3. in National Championship.

From M35 and W35, 5-year age groups.

(Participants outside the frame of National Championship are not prized)

7. Dressing: In dressing rooms, on the spot. Organizers take no responsibility after goods left in dressing room.

While National Championship snack bar is open on Ikarus Field.



TIMETABLE

9:30	5 and 3 km teenager Budapest Race Walk Championship (grade rating) Turbo Jav Children Javelin Throw (grade rating)
10:00	Shot Put Women Discus Throw woman senior W60 and above High Jump- - man & woman senior
10:10	5km Race Walk man and woman senior
10:50	Discus Throw woman senior W60 under
11:10	80-100-110m Hurdles man and woman senior
11:40	100m woman senior / + registered
11:45	Shot Put man senior M60 under Discus Throw M60 and above
12:10	100m man senior / + registered
12:45	800m woman / + registered
13:10	800m man / + registered
13:15	Discus Throw M60 under Shot Put M60 and above Long Jump M & W
13:25	400m hurdles M / + registered
13:40	400m hurdles W / + registered
14:00	300m hurdles M / + registered
14:15	300m hurdles W / + registered
14:30	400m woman / + registered
14:45	400m M / + registered
14:45	Hammer Throw woman Javelin Throw man
15:00	Pole Vault M&W / + registered
15:15	1,500m W / + registered
15:35	1,500 m M / + registered
15:45	Hammer Throw man Javelin Throw woman
16:00	Triple jump W&M
16:30	200m W / + registered
17:00	200m M / + registered
17:15	Heavy Hammer Throw M Heavy Hammer Throw W
17:30	3,000m steeple chase M
17:50	2,000m steeple chase W
18.10	5,000m M&W

Timetable is subject to any change!