



XXVII International Throwing Meeting Juventude Vidigalense

TIMETABLE – FINAL VERSION | 06.08.2021

August 7th, 2021 (Saturday)

Call Room	Start	Event	Gender	Age Category	Obs.	Location
12:00	12:30	Discus Throw (5)	Men	U20	1,75 kg	Cage 1
13:30	14:00	Discus Throw (4)	Women	U20	1 kg	Cage 1
14:00	14:30	Javelin Throw (4)	Men	Senior	ELITE	CNL
		Javelin Throw (5)	Men	U20	800 grs	CNL
14:30	15:00	Shot Put (6)	Women	Senior	ELITE	CNL
		Shot Put (2)	Women	U20	4 kg	CNL
14:50	15:20	Discus Throw	Men	Senior	ELITE	Cage 1
15:20	15:50	Javelin Throw	Women	U20 / Senior	ELITE	CNL
15:50	16:20	Shot Put (5)	Men	Senior	ELITE	CNL
		Shot Put (3)	Men	U20	6 kg	CNL
16:10	16:40	Discus Throw (9)	Women	Senior	ELITE	Cage 1
17:30	18:00	Hammer Throw (6)	Men	Senior	ELITE	Cage 1
		Hammer Throw (1)	Men	U20	6 kg	Cage 1
18:50	19:20	Hammer Throw (12)	Women	U20 / Senior	ELITE	Cage 1

August 8th, 2021 (Sunday)

Call Room	Start	Event	Gender	Age Category	Obs.	Location
09:30	10:00	Discus Throw (3)	Women	U18	1 kg	Cage 1
10:20	10:50	Hammer Throw (4)	Men	U18	5kg	Cage 1
11:15	11:45	Discus Throw (4)	Men	U18	1,5 kg	Cage 1
12:10	12:40	Shot Put (5)	Women	U18	3 kg	
12:15	12:45	Hammer Throw (3)	Women	U18	3 kg	Cage 1
13:30	14:00	Discus Throw (11)	Women	Senior	ELITE	Cage 1
14:15	14:45	Javelin Throw (7)	Men	Senior	ELITE	CNL
14:50	15:20	Discus Throw (12)	Men	Senior	ELITE	Cage 1
15:35	16:05	Javelin Throw (11)	Women	Senior	ELITE	CNL
15:45	16:15	Shot Put (7)	Men	Senior	ELITE	
16:10	16:40	Hammer Throw (11)	Women	Senior	ELITE	Cage 1
16:55	17:25	Javelin Throw (8)	Men	U18	700 grs	CNL
17:00	17:30	Shot Put (8)	Women	Senior	ELITE	
17:30	18:00	Hammer Throw (7)	Men	Senior	ELITE	Cage 1
17:50	18:20	Shot Put	Men	U18	5 kg	
17:55	18:25	Javelin Throw (5)	Women	U18	500 grs.	CNL
18:35	19:05	Weight Throw	Masc. / Fem.	Masters	Invitational	Cage 2



GENERAL REGULATIONS

1. The International Throwing Meeting will take place at **Centro Nacional de Lançamentos (National Throwing Centre)** - Leiria.
2. Only athletes affiliated with their respective national federation of athletics are allowed to take part.
3. Each athlete is only allowed to take part in two events on each day of the tournament.
4. **In the Elite events all athletes will be allowed six attempts**, whereas in the remaining events only the top 8 athletes in each event will have access to the 3 final attempts.

5. Call Room

All athletes must report to the Call Room 30 minutes before each event and will be directed to the infield 20 minutes before the event starts.

6. Personal Implements

Personal implements are allowed as long as they have been submitted to the implements check in point, at least 90 minutes before each event starts.

7. Any other specific cases will be resolved in accordance with the general rules of competition

8. Registration

8.1 Participation in the International Throwing Meeting will be selective. If the number of athletes registered exceed the number of places available for each event, the organizers will select those who have demonstrated a better set of results during 2021.

8.2 Athletes who wish to take part must register with the organizers no later than August 2nd (Monday)

8.3 Registration is free and must be submitted by e-mail to: pauloreis@juventudevidigalense.org

Registration must include:

- Full Name;
- Club;
- Date of Birth;
- Events signing up for;
- Season Best (2021), indicating date and location where this mark was obtained

8.4 The organizer will contact those who have been accepted and those who haven't no later than August 4th. Start list will also be published by the same date.

9 Special Norms – Covid 19

- a. It is recommended that all athletes follow the sanitary rules concerning social distancing, hand hygiene and wearing a mask for the whole duration of the event in accordance to the Direção Geral de Saúde (DGS) recommendations.
- b. It is mandatory for all coaches, judges, and organizers to always wear individual protection equipment.
- c. Warm up before competition must take place in the designated warm up area defined by the organizers which will ensure social distancing rules recommended by the DGS is respected.
- d. Warm up in the infield area will follow the row call as per the judges' instructions
- e. No magnesium nor a cleaning cloth will be made available, therefore each athlete should carry its own kit.



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- f. An alcohol-based antiseptic solution will be made available to all participants at entry points of the competition location as well as in the infield/competition location in order for athletes to clean and disinfect implements or any other surfaces if needed.

Note: the special norms described in this document may change in accordance with the development of the COVID-19 pandemic situation in Portugal. Updated to the document would be circulated as necessary in due time.