

TIMETABLE – FINAL VERSION

August 6th, 2022 (Saturday)

Call Room	Start	Event	Gender	Age Category	Obs.	Location
11:20	11:50	Hammer Throw	Men	U18	5 kg	Cage 1
11:30	12:00	Discus Throw	Women	U18	1 kg	Cage 2
12:30	13:00	Discus Throw	Men	Senior	ELITE	Cage 1
13:30	14:00	Javelin Throw	Men	Senior	ELITE	CNL
14:00	14:30	Shot Put	Men	U18	5 kg	Sector 1
14:30	15:00	Discus Throw	Women	Senior	ELITE	Cage 1
15:15	15:45	Javelin Throw	Women	Senior	ELITE	CNL
15:30	16:00	Shot Put	Men	Senior	ELITE	Sector 1
16:30	17:00	Hammer Throw	Women	Senior	ELITE	Cage 1
17:15	17:45	Javelin Throw	Women	U18	500 grs.	CNL
17:40	18:10	Shot Put	Women	Senior	ELITE	Sector 1
18:20	18:50	Hammer Throw	Men	Senior	ELITE	Cage 1

August 7th, 2022 (Sunday)

Call Room	Start	Event	Gender	Age Category	Obs.	Location
11:15	11:45	Hammer Throw	Women	U18	3 kg	Cage 2
11:30	12:00	Discus Throw	Men	U18	1,5 kg	Cage 1
12:50	13:20	Shot Put	Women	U18	3 kg	Sector 1
13:30	14:00	Discus Throw	Men	Senior	ELITE	Cage 1
13:40	14:10	Javelin Throw	Men	Senior	ELITE	CNL
15:15	15:45	Javelin Throw	Women	Senior	ELITE	CNL
15:20	15:50	Shot Put	Men	Senior	ELITE	Sector 1
15:30	16:00	Discus Throw	Women	Senior	ELITE	Cage 1
17:00	17:30	Javelin Throw	Men	U18	700 grs.	CNL
17:00	17:30	Shot Put	Women	Senior	ELITE	Sector 1
17:05	17:35	Hammer Throw	Women	Senior	ELITE	Cage 1
18:40	19:10	Hammer Throw	Men	Senior	ELITE	Cage 1

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. The organizer can change the timetable depending on the number of registrations. Each competition will have a limit of 12 athletes.
6. 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.
7. Personal Implements
Personal implements are allowed if they have been submitted to the implements check in point, at least 90 minutes before each event starts.
8. Any other specific cases will be resolved in accordance with the general rules of competition
9. Registration
 - a. 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.
 - b. Athletes who wish to take part must register with the organizers no later than August 2nd (Tuesday)
 - c. Registration is free and must be submitted by e-mail to: joaobernardo@juventudevidigalense.org

Registration must include:

- Full Name;
- Club;
- Date of Birth;
- Events signing up for;
- Season Best (2022), indicating date and location where this mark was obtained

The organizer will contact those who have been accepted and those who haven't no later than August 3rd. Start list will also be published by the same date.