

**National Throwing Center, march 2nd of 2024****ETAPA 2 - Provisional** (versão de 24.02.2024)

Call Room	Time	Competition	Age	Gender	Obs	Place	Number of Athletes
09:00	09:30	Discus Throw	U16	M	1 kg	Cage 2	16
09:00	09:30	Discus Throw	U16	F	750 g	Cage 2	
09:00	09:30	Javelin Throw	U14	M	500 g	CNL	16
09:00	09:30	Javelin Throw	U14	F	400 g	CNL	
10:00	10:30	Discus Throw	Senior	M	2 kg	Cage 1	12
10:00	10:30	Discus Throw	Senior	F	1 Kg	Cage 1	
10:15	10:45	Hammer Throw	U16	M	4 kg	Cage 2	16
10:15	10:45	Hammer Throw	U16	F	3 kg	Cage 2	
11:45	12:15	Hammer Throw	Senior	F	4 kg	Cage 1	12
11:45	12:15	Hammer Throw	Senior	M	7.26Kg	Cage 1	

1. General Regulations:

- 1.1. Only athletes affiliated with their respective national federation of athletics are allowed to take part;
- 1.2. Each athlete is only allowed to take part in two events on each day of the tournament;
- 1.3. The participation of athletes in competitions outside their age group will be allowed if there is none in the timetable for their age group and if the number of registrants does not exceed the regulations;
- 1.4. In the Senior events all athletes will be allowed six attempts.

2. Registration

- 2.1. Registration must be submitted until february 28th by e-mail to geral@juventudevidigalense.org and will have a cost of 3€/competition;
- 2.2. Registration must include Full Name, Club, Date of Birth, Events signing up for, Season Best (2024) and Personal Best;
- 2.3. Start list will also be published no later than february 29th as the final schedule.

3. Implements

- 3.1. Personal implements are allowed if they have been submitted to the implements check in point, at least 90 minutes before each event starts;
- 3.2. The athlete is responsible to get the personal implements back from the TIC at the end of the competition.

Apoio: