

INTERNATIONAL THROWING MATCH

4 June 2022

Venue: Pombal

1. TIMETABLE

Event	Event	Gender	Category	Presentation In the Call Room	Entrance Infield
14:00	Shot Put 4 kg	W	U-20 / U-23	13:15 - 13:25	13:30
14:00	Shot Put 6 / 7.26 kg	M	U-20 / U-23	13:15 - 13:25	13:30
15:00	Hammer 4 kg	W	U-20 / U-23	14:15 - 14:25	14:30
15:00	Hammer 6 / 7.26 kg	M	U-20 / U-23	14:15 - 14:25	15:05
16:45	Javelin 600 grs.	W	U-20 / U-23	16:00 - 16:10	16:15
16:45	Javelin 800 grs.	M	U-20 / U-23	16:00 - 16:10	16:15
18:30	Discus 1 kg	W	U-20 / U-23	17:45 - 17:55	18:00
18:30	Discus 1.75 / 2 kg	M	U-20 / U-23	17:45 - 17:55	18:00

2. COMPETITION PROCEDURES

- The International Throwing Match is a Team competition for the participating countries.
- In each event/age group, each country is allowed to present a maximum of two athletes.
- Each athlete can compete in a maximum of two events.
- Exceptionally, and upon request, athletes from a lower age group can compete in the age group above (eg. U20 competing in the U23 category)
- In this competition all athletes are allowed six attempts in each event.

3. OVERALL RESULTS

- In this Competition there will be individual and team results.

Individual Results:

- Medals will be awarded to the top 2 athletes in each event both in U-20 and U-23.

Team Standings:

- c. For the overall team standings, the highest placed athlete per country will be awarded points as follows:
 - 1st place - 3 points
 - 2nd place - 1 point
- d. If in any of the events a country does not have representatives or if its representative has performed six fouls no points will be awarded.
- e. Only one athlete per country will be awarded points in each event, therefore a second representative of each country does not affect the overall team standings.
- f. Trophies will be awarded to all participating countries.

4. *ENTRIES*

Preliminary entries

- a. Preliminary entries must be submitted no later than 25 May 2022 by email to: lince@fpatletismo.pt. The following should include:
 - i. Athlete's name
 - ii. Year of birth
 - iii. Event(s) in which they are participating.
 - iv. Personal bests and season bests.

Confirmation of Registration

- b. The schedules of presentation in the Call Room and the expected entry of athletes to the infield must be respected.

5. *IMPLEMENTS*

- a. The organization authorizes the use of personal implements, provided they are approved, and are made available to all athletes.
- b. Thus, the implements must be delivered to the Call Room for verification at least 1h 30m before the starting time of the respective event.
- c. Approved implements will be placed in the competition area.
- d. At the end of the event, all approved and non-approved personal implements, may be collected from the Call Room.