

HUNGARIAN MASTERS ATHLETICS ASSOCIATION

8th annual Interstate masters match

Austria - Czech Republic – Slovenia - Hungary – Swiss - Croatia

Date: Saturday, 20th July, 2019

Place: Sports Center, 16. Vágóhíd street Zalaegerszeg 8900 Hungary

Organizer: Ferenc Kámán ZMSE Sports Director

Events: Men / Women: 100 m, 400 m, 1500 m, 4x100 m and 4x400 m (min 200 years M/ 180 years W), long jump, high jump, triple jump, shot put, discus, javelin and hammer throw.

All throws and horizontal jumps will be 6 attempts!

Entry rules: Each national team can nominate 2 master athletes for each event.

Every country can nominate +1 athlete, but only out of the competition.

Restrictions: Each athlete can compete in maximum two events plus relay.

Rankings: All performances in each event will be recounted by using the WMA age factors and the single result list will gain: 12,11,10,9,8,7,6,5,4,3,2,1 points
Relay: 12, 10, 8, 6, 4, 2 points

Awards: The top three teams (Men and Women) will be awarded by cup.
The best female and male athlete in every country (selected by the team leaders) will be awarded by presents.

Safety: Only competitors and coaches/team leaders may enter the sports sites.
Every athlete will compete under his own responsibility.

Participation fee: 10 € per athlete

Technical meeting for team leaders: Friday 19. July 19:00 pm
Véndiófa Restaurant 47. Rákóczi street Zalaegerszeg 8900

Dinner and Get-together-party: €15 per participant – at 20.00 pm in
Kölcsey Ferenc High School
49-53. Rákóczi street Zalaegerszeg 8900
(The High School is next to the Véndiófa restaurant)

Entries: Final start list for each team in special form should be sent at latest until 06. July 2019 to Ferenc Kámán sportigazgato@zmse.hu. The entry form will be sent to the team leaders by 1 June 2019 (in excel or similar format).

Accommodation: The prices are included the breakfast and the tourism tax.
The prices are guaranteed until 30th of April 2019. The prices of any bookings after 30th of April may change.
20% deposit should be paid with providing the full name and address.
Cancellations of the bookings are free of charge until 30th of June 2019!!

Dormitory (Student's hostel): 2 or 2x2 beds bedroom €20/night/person
(max. 140 person)

<https://uni-bge.hu/GKZ/Szervezeti-egysegeink/Funkcionalis-es-szolgaltato-szervezeti-egysegek/Kollegium/Szallaslehetoseg>

Csóka Guesthouse: 2 or 2x2 beds bedroom €20/night/person
(max. 20 person)

<https://www.booking.com/hotel/hu/csoka-panzio.hu.html>

Szent Kristóf Apartman Hotel: 3 or 5 beds bedroom €25/night/person
(max. 24 person)

<http://www.kristofapartmanhotel.hu/>

Véndiófa Restaurant and Guesthouse: 3 or 5 beds bedroom
€22/night/person (max. 21 person)

<https://vendiofaetterem.hu/panzio>

Arany Bárány Hotel: 1 bed bedrooms €65/night/person
2 beds bedroom €42/night/person
(max. 60 person)

<http://aranybarany.hu/hu/>

Welcome to Hungary in Zalaegerszeg !

2019.február 11. Zalaegerszeg

Ferenc Kámán
Organizing Committee / 8th Interstate match

PRELIMINARY SCHEDULE of

The 8th Interstate match AUT-CZE-CRO-HUN-SWI-SLO on 20.7.2019 in Zalaegerszeg

12:45	OPENING CEREMONY	
13:30	Hammer throw M Shot put W Javelin M	High jump W Long jump M
14:45	Shot put M	
15:00	Hammer throw W Javelin W	
15:15	Long jump W Triple jump M	
15:45	High jump M	
16:10	100 m W	
16:20	100 m M Discus M	
16:40	400 m W	
16:50	400 m M	
17:00	Triple jump W	
17:20	1500 m W	
17:30	Discus W 1500 m M	
18:00	4x100 m W	
18:10	4x100 m M	
18:30	4x400 m W	
18:40	4x400 m M	
19:00	Photo session at stadium – all teams	