

## International Match U20 / Turniej Nadziei Olimpijskich

**Poland (POL) – Czech Republic (CZE) – Hungary (HUN)  
Ukraine (UKR) – Slovakia (SVK) – Croatia (CRO)**

Competition director and Technical Delegate: Filip Moterski [filip.moterski@pzla.pl](mailto:filip.moterski@pzla.pl), +48 790 339 233

Organized by: **Polski Związek Lekkiej Atletyki**

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Person responsible:

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### Date and venue

The International Match U20 will take place in Racibórz on Saturday, 06 June 2026 at 10:00 am at the athletics stadium – Ośrodek Sportu i Rekreacji w Raciborzu, ul. Zamkowa 4, 47-400 Racibórz.

### Participants

Athletes, both male and female, born in 2007, 2008 are eligible to compete in the international match. Each country may be represented in each discipline by 2 athletes + one relays.

### Entry

The list of participants with names shall be sent on the official Entry Form in the electronic version no later than Wednesday, 01 June 2026 by 12 pm to [marcin.gora@pzla.pl](mailto:marcin.gora@pzla.pl)

Please indicate Team Leader who will be added to WhatsApp Group for Team Leaders conducted in English.

### Events

#### Men U20

100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 110 m Hurdles, 400 m Hurdles, 3 000 m SCH, 5 000m RW, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, 4x100 m, 4x400m

#### Women U20

100 m, 200 m, 400 m, 800 m, 1500 m, 5000m, 100 m Hurdles, 400 m Hurdles, 3 000 m SCH, 5 000m RW, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, 4x100 m, 4x400m

### Warm-up

Warm up area (grass) is located above the stadium.

### Call room

Call room will be located in the tent with a sign "Call room" near the 1500m start.

All participants must report in the call room according to the following reporting approx. times before the start of



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the respective event.

Final CR schedule will be distributed during technical briefing and WhatsApp Group

Event	Last call	Arrival to the site
Running events	20 minutes	≤5 minutes
RW events	20 minutes	≤5 minutes
Pole vault	80 minutes	≤65 minutes
HT, JT, DT	45 minutes	35 minutes
LJ, HJ, TJ, SP	45 minutes	35 minutes

## Technical Information Center (TIC)

Will be situated in tribune at the main stadium.

## Medical service

Medical service will be available for the entire period of the competition.

## Team arrivals

We recommend that all teams check in to their accommodation first and then move on to the official training and technical meeting, which will take place at the stadium.

## Accommodation

Direct contact with national teams

## Meals

Lunch and dinner on competitions day will be provided on stadium.

Meal times will be confirmed later.

## Team Leaders Meeting, Official training and technical briefing

Team Leaders meeting is planned on Friday, 05 June 2026 at 18:30. All Team Leaders are kindly asked to be present at 18:25 in Call Room area.

The official training will be possible on Friday, 05 June 2026 from 17:30 to 19.30 at the stadium.

Training with starters is planned on Friday, 05 June 2026 between 18:00-18:30 (final straight) and 18:30-19:00 (first bend, 400m start lines).

Questions for the technical meeting should be send by Google Forms <https://forms.gle/e7ASRNR2AC6urFwP6> but no later than Friday, 05 June 2026 by 12.00.

## Implements checking

Is located in the main stadium building. All implements must be checked no later than 90 minutes before the start of the event.

## Trials in Field Events

In all Field Events, except for the High Jump and Pole Vault, each athlete will be allowed for three trials. In 4<sup>th</sup> round of trials 8 athletes with best results after 3<sup>rd</sup> round. In 5<sup>th</sup> round will compete 6 athletes with best results and in 6<sup>th</sup> round only three athletes with best marks after 5<sup>th</sup> round of trials can compete.



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## Scoring

Following method will be used to score in individual events: 15, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 point.

DQ, DNS, DNF, NM – 0 points.

Relays will be scored by following method: 15, 13, 11, 9, 8 and 7 points.

## Victory ceremony

Teams in total score (M+F) on the 1st– 6th places will be awarded with cups.

In addition, the best male/female performance of each team will be announced, indicated by Team Leaders.

## Opening ceremony

Opening ceremony will take part at 12:30. No participants from teams are required.

## Allocation of lanes and starting order

Lanes distribution will be made on SB available in WA statistics according to current version of WA Rules and Regulations.

Lanes for relays will be based on Points Ranking made during competitions.

## Bibs

Each athlete will receive 2 bibs (only country code), which will be worn on the chest and back, except for jumping events, where one start number will be sufficient.

## Protests and Appeals

An oral protest must be reported immediately to the appropriate Referee, no later than 30 minutes after the announcement of the official competition results. A protest may be submitted by a competitor (or a person acting on his behalf) who participates in the event.

A written protest to the Referee must be submitted within 30 minutes of the announcement of the official competition results, on a special form available at the TIC. A protest may be submitted by a competitor (or a person acting on his behalf) who participates in the same event.

An appeal to the appeals committee must be submitted within 30 minutes of:

official announcement of the results of a given competition or

official announcement of improved competition results as a result of a decision made by the Referee or the person filing the protest obtains information about their right to appeal if there are no changes in the competition results.

An appeal submitted to the appeal committee must be made in writing on a form provided by the TIC, signed by the competitor, a person acting on his behalf or by an official representative of the team and submitted to the office along with proof of payment of the deposit of 100€.

If the appeal is not accepted, the deposit paid will be forfeited.

## Shoes Control

Shoe control procedure will be conducted in post event zone. No checking in Call Room.

Random shoe check will also be carried out here (Athletes are strongly encouraged to check before competition if their shoes are on the List of Approved Athletic Shoes: <https://certcheck.worldathletics.org>).



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## Height's

### Women:

HJ – 155-160-165-170-173-176-178-180 + 2 cm

PV – 295-315-335-345-355-365-375-385 + 5 cm

### Men:

HJ – 185-190-194-198-201-204-206-208 + 2 cm

PV – 415-435-445-455-465-475-485 + 5 cm

This proposal will be confirmed at the Technical meeting.

## Starting Commands

Starting commands will be given in English language.



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