



ATHLETICS

REGULATIONS

TIME

From May 19 to May 20, 2023

PLACE

Ülenurme Stadium – Silmapiiri 1a, Tartu County

PARTICIPANTS

Individual competitions. One athlete can participate in two events and in relay-race, but no more than 3 participants in one event.

PROGRAMME

May 19th (Friday), competition start time TBA

Women: 100 m, 400 m, 1500 m, 3000 m, 4x100 m relay, long jump, shot put, javelin throw;

Men: 100 m, 400 m, 1500 m, 5000 m, 4x100 m relay, long jump, shot put, and javelin throw

May 20th (Saturday), competition start time TBA

Women: 200 m, 800 m, 100 m hurdles, high jump, triple jump, discus throw.

Men: 200 m, 800 m, 110 m hurdles, high jump, triple jump, discus throw.

In case of changes, the organizers will inform the participants.

ORGANIZER

Madis Paju

paju.madis@gmail.com