

SCHEDULE ATHLETICS

European Company Sport Games 2017

General provisions

Organisation: KAA Gent
Location: Outdoor Athletics Track Blaarmeersen – Strandlaan 16, 9000 Gent
Date: 22.06.2017 – 23.06.2017
Attendance: The participants need to sign up to the secretariat with their chest number one hour before the official start of their discipline.

Awards: Athletes on first 3 places in each age category and discipline obtain prizes. Award ceremonies will be held during the entire day, approx. 30 minutes after finish of the competition. Check continuously the result board and guidelines of organizers.

Technical provisions

Rules: The competition is in accordance with the regulations of International Association of Athletics Federation and the regulations mentioned in this document.

Requirements: Bring appropriate shoes for an outdoor athletics track.

Conditions of participation: Properly registred teams in the term, including payment of invoices.

Class divisions:

- Men
- Women

Further the participants are divided into 5 classes according to age:

- Category A: 18 – 30 years
- Category B: 31 – 40 years
- Category C: 41 – 50 years
- Category D: 51 – 60 years
- Category E: over 60 years

Game model: In technical disciplines all athletes have 3 attempts. In track events, the ranking will be set upon result times; only exception is in 100m distance run where 8 best athletes upon result times advance to final. If there are less than 9 athletes in a category, the first run equals final.

Results: Results will be present on live results, to be viewed on tablets on the spot. Also each evening all results will be published in the Meeting Center.

Objections: Teams can submit a protest against the game or decision in 30 minutes after the game and are obligated for a deposit of 20 EUR, which in case of compliance of your objection will be returned. Potential protest will be addressed to organisers and ECSG sport manager.

Special arrangements: Each participant travels and attends at his own risk. Organiser provides first aid only. It is recommended to carry your insurance card with you at all time.
The organiser reserves the right to modify or change the schedule if necessary.

Specifications for technical disciplines in different class divisions:

Shot put men: A, B, C: 7,260 kg, D: 6 kg, E: 5 kg

Shot put woman: A, B, C: 4 kg, D, E: 3 kg

Javelin men: A, B, C: 800 g, D: 700 g, E: 600 g

Javelin woman: A, B, C: 600 g, D, E: 500 g

High jump men: Start level 100 cm

High jump woman: Start level 90 cm

Catering

All kind of drinks

To eat:

DIY salads: 2 sizes M & L

1. Choose you base Lentils or Pasta or Mixed salad leaves
2. Add tomatoes, carrots, radishes, cucumber, red onion rings...
3. And feta crumbs or Gouda cheese or nuts or cured ham or hard boiled eggs
4. Choose your salad dressings: Vinaigrette or balsamic or Yoghurt.

Cakes like rice cake