

Rules of Athletics:

Rules

The rules of the LAAF are followed.

Series

Women: running 100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 100 m hurdles, 4×100 relay, high jump, long jump, triple jump, shot put, javelin, discus, hammer throw.

Men: running 100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 110 m hurdles, 4×100 relay, high jump, long jump, triple jump, shot put, javelin, discus, hammer throw.

Instructions for Athletes

Timetable

Final timetable will be released at the latest on Friday May 6, 2016.

Confirmation of Participation

In the following events, the participation must be confirmed in writing to the Competition Office no later than 90 min before the start of the event: 400 m, 800 m, 1500 m, 5000 m, 4x100 m relay.

In other events, confirmation of participation is not needed.

Bar lifting

Bar lifting for high jump will be released with the final timetable at the latest on Friday May 6, 2016.

Throwing Implements

Participants' own throwing implements must be left to the Competition Office no later than 90 min before the start of the event, and they will be brought to the competition site by the organizers. Hammers will be checked at the TESC sport venue throwing place before the start of the competition.

Throwing Events

All throwing events (SP, DT, HT, JT) will be competed as a mixed competition (rule 147).

Qualification in 100 m and 200 m

Eight (8) fastest in 100 m and six (6) fastest in 200 m will qualify by time (q) from heats to final.

Seedings

Seedings will be made by season bests (SB) in the next events: 400 m, 800 m, 4x100 m relay.

In 400 m, 800 m, 4x100 m relay the last heat will be the "hot" heat.

1500 m and 5000 m will be run in one (1) heat.

These instructions may change before May 6, 2016.

Organizers are not responsible for the insurance of the participants.

Organizing committee reserves the right to make changes to these rules.