



**XIX MÍTING INTERNACIONAL D'ATLETISME  
PALAFRUGELL – COSTA BRAVA  
84è CAMPIONAT DE CATALUNYA DE RELLEUS**  
Palafrugell, 29 de maig de 2010



Club Atlètic Palafrugell



Europe  
Athlétisme  
Promotion



FEDERACIÓ CATALANA d'ATLETISME



## INFORMATION OF INTEREST

- 1- **NUMBERS AND CREDENTIALS** can be collected at the secretariat desk beside the entry of Stadium from 15,30 a.m. till 1 hour before each event.
- 2- **CREDENTIALS** are necessary to go inside the Stadium and reserved areas.
- 3- The **PERSONAL EQUIPMENT** of each athlete will be presented to the official measurer in store room (nº 12) from 16.00 a.m. to 90 minutes before the event, and will be placed at the athletes disposal on the track or field
- 4- There will be a **RESERVED AREA** for athletes (nº 8).
- 5- The **WARM-UP AREA** will be situated on the south side of the Stadium outside the perimeter fence (nº 3).
- 6- The athletes will pass through the **CALLING ROOM** 5 minutes before entering the track or field (nº 7). (See athletes timetable)
- 7- **ENTRY TO THE TRACK OR FIELD** will be as follows: **Flat races** - 5 min. before start; **Hurdles** - 10 min. before start **Field events** - .(See athletes timetable). Athletes will enter the field together, led by the judges.
- 8- **INTRODUCTION OF COMPETITORS** will be held on front of tribune after the entry to the field. We ask you to greet when you hear your name.
- 9- The starting umpire's calls will be : **-1- ALS SEUS LLOCS -2- LLESTOS**
- 10- For the sprint and hurdles races, clothing will be collected in baskets which will be placed at the athletes' disposal beside the **CALLING ROOM**. (núm.7)
- 11- The presentation of prizes to the winner of each event will be carried out as the events finish. (See athletes timetable) in Stade ( núm.9). Performances with illegal wind don't be considered like **RECORDS**.
- 12- The presentation of cash prizes to the **winners** and possible **stadium or EAP records** will be carried out at Stadium (nº.2). **It's necessary passport to take the prices.**
- 13- The presentation of cash prizes to the 10 best performances will be carried out at Stadium (nº.2) at 21,45 h. **It's necessary passport**
- 14- Different heights of the bar:  
**HJ W : 1,50 1,54 1,58 1,62 1,65 1,71 1,74 1,76 & 2 to 2 cm**
- 15- **100 m finals**  
A final.- 8 best performances of semifinals. Extra final.- performances 9 to 16.