

# Glostrup Games

27<sup>th</sup> of april 2019



## Glostrup IC Atletik

[www.gic-atletik.dk](http://www.gic-atletik.dk)



## WELCOME

Glostrup IC Athletics bid you welcome to the first outdoor event of the year. The event has evolved to both youth and senior disciplines. Furthermore this year we have the pleasure to invite you to a renovated stadium that we hope you will celebrate with us. See you at the Games for competition, fun and excitement!

### GIRLS/WOMEN

### BOYS/MEN

<b>Girls - 9 yrs</b>	40 m, 400 m, Long Jump, Shot Put, Ball	<b>Boys – 9 yrs</b>	40 m, 400 m, Long Jump, Shot Put, Ball
<b>Girls 10-11 yrs</b>	60 m, 200 m, 1000 m, Long Jump, High Jump, Shot Put, Ball	<b>Boys 10-11 yrs</b>	60 m, 200 m, 1000 m, Long Jump, High Jump, Shot Put, Ball
<b>Girls 12-13 yrs</b>	80 m, 200 m, 1000 m, Long Jump, High Jump, Shot Put, Ball	<b>Boys 12-13 yrs</b>	80 m, 200 m, 1000 m, Long Jump, High Jump, Shot Put, Ball
<b>Girls 14-15 yrs</b>	100 m, 300 m, 800 m, Long Jump, High Jump, Shot Put, Javelin	<b>Boys 14-15 yrs</b>	100 m, 300 m, 1500 m, Long Jump, High Jump, Shot Put, Javelin
<b>Girls 16-17 yrs</b>	100 m, 400 m, 800 m, Long Jump, High Jump, Shot Put, Javelin	<b>Boys 16-17 yrs</b>	100 m, 400 m, 1500 m, Long Jump, High Jump, Shot Put, Javelin
<b>Women</b>	100 m, 400 m, Long jump	<b>Men</b>	100 m, 400 m, Long Jump
<b>All</b>	Relay 6 x 200 m (see notes in Club Competition)		

## EVENTS

In the running events: 40 m, 60 m, 80 m and 100 m there will be initial heats and finals. In all other running events there will be seeding based on the reported results in the entries. We aim to mix athletes to establish best possible competition in each heat. All running events will be measured by electronic time.

## **CLUB COMPETITION**

Each individual event and every relay team earns 1 point. In every event numbers 1-3. will get respectively 6, 4 and 2 points extra. The relay is 6 x 200 meters with one athlete from each of the age groups: D11 – P11 – D13 – P13 – D15 – P15. It is possible to use younger to replace older athletes. Relay participation is announced at the event.

## **AWARDS**

In all the individual events awards are given to the three best results. Awards are also given to best relay team. Finally there is the Glostrup Games Trophy for the club that collects most points from the events. There will be a raffle about sponsor prizes on the starting numbers.

## **FEES**

Starting fee is DKR 40, - per event. Late entries, if possible, at double the fee. Relay is free. Fee is collected after the event. Foreign clubs must pay at the event day.

## **REFEREE OBLIGATIONS**

Danish Clubs from Sea land are obliged to support with referees.

## **ENTRIES**

No later than 14th of April 2019 by Glostrup IC, Peter Holberg by e-mail : [lpholberg@hotmail.com](mailto:lpholberg@hotmail.com). Additional information available at tel.: +45 41 70 49 27. Entries with full name, sex, year of birth, event and best results from the season 2018/2019.

## **TIME SCHEDULE, START- OG CLUB LISTS, AS PRACTICAL INFORMATION**

Information will be put on our website: [www.gic-atletik.dk](http://www.gic-atletik.dk). Final schedule and start lists etc. will be published on Tuesday 23th of April 2019.



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