

**SZAMOSZ**  
**HUNGARIAN SENIOR TRACK & FIELD ASSOCIATION**

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**HUNGARIAN SENIOR INDOOR TRACK&FIELD 2013. CHAMPIONSHIP**  
**AND INTERNATIONAL INDOOR OPEN CHAMPIONSHIP and WINTER THROWER'S CHAMPIONSHIP**

**1.CHAMPIONSHIP:** The Hungarian and International Indoor Masters Championship, for Hungarian and international senior competitors (open championship).

**2. Championship date: March 10th. 2013. Sunday**

Location: Budapest, SYMA Hall (Budapest, XIV.distcrist Dózsa György str. 1.) and Thrower center (at near Puskás Ferenc Stadion)

Organiser: SZAMOSZ

**3. Participants:** Any senior competitor may enter who was born before March 10, 1978. and who take the responsibility of entering with good health conditions. Furthermore, any registered athlete can enter for gaining senior competition experience. In those events where there are more than 8 athletes entered into the championship event, we organise finals.

**4. Pre-Registry:** Pre-registry deadline march 8th, 2013. through e-mail:

**[bpatletika2@gmail.com](mailto:bpatletika2@gmail.com)**

Please give your age group, event name, and any other personal information when you pre-register!

Once you **pre-register**, you may pay the fee on premises in the **SYMA hall**. (Throwing's events too.)

**5. Registry in Stadium:** Registry on premises, 75 minutes before the event.

Registry fee: in case of pre-registry: 2,000 HUF/event

children: 500 HUF/event

adolescent:1000 HUF/event

in case of field entry 2,500 HUF/event

The first event is free for the competitors above the 70 years.

**6. MEDALS:** The 1-3 placers athletes receive medals. International competitors separately receive medals or certificate. (from M35 and W35) People under 35 are also able to compete.

**7. CHANGE ROOM:** Change rooms are in the stadium. We are not taking responsibility for the lost personal items.

# TIME SCHEDULE

(SYMA Hall 10<sup>th</sup> march 2013)

- 10:30 60m men +women (child and adolescent)  
Shot Put women W35 from older age groups (2, 3, 4 kg)
- 11:00 60 m men  
Men +women pole vault
- 11:30 60 m Women
- 12:00 60 m hurdles men + women  
Men +women long jump  
Women pole vault (adolescence - adult, beginner height 2.80m)  
M35 Shot Put men from older age groups (3, 4, 5, 6, 7.26 kg)
- 12:30 200 m men
- 12:50 200 m women
- 13:00 800 m men
- 13:20 800 m women
- 13:40 High Jump women + men  
400 m men
- 14:00 400 m women tt.
- 14:20 1500 m men
- 14:40 1500 m women
- 14:50 3000m men + women (if more than 3 female competitors,  
special leave of the ladies race)
- 15:00 Triple Jump men +women
- 15:10 5000/3000 m walk men / women

# TIME SCHEDULE

(Thrower center 10<sup>th</sup> march 2013)

- 11:00 turbojav Javelin (6-8year 300g, 9-10year 400g, 11-12year 500g)
- 11:30 turbojav Javelin (everyone who wants to try) 400g
- 12:30 Javelin Throw women(400, 500, 600g)  
Javelin Throw men (400,500,600,700,800g)
- 14:00 Hammer Throw Women(2, 3, 4 kg)  
Hammer throw men (3, 4, 5, 6, 7.26 kg)
- 15:00 Discus Throw Women (0.75 1kg)  
Discus throw men (1.15; 2kg)
- 15:30 Heavy hammer throw (women+men)  
(women: 4, 5.45, 7.26, 9.08 kg)  
(men: 5.45, 7.26, 9.08, 11.34, 15.88 kg)

**SEE YOU IN BUDAPEST! MARCH 10TH, 2013**