



## Montenegro Athletic Veterans Association

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### Montenegro Veterans Athletic Federation is organizing THE 18th BALKAN VETERANS ATHLETIC CHAMPIONSHIP BAR - MONTENEGRO 4 – 5 October 2008

BALKAN FEDERATIONS OF VETERAN ATHLETES ARE INVITING TO PARTICIPATE

#### COMPETITION INFORMATION

1. The Technical meeting will be held on Friday 3th October 2008 , at 19:00 hours in the conference hall – CASTELLO – BABOVIC ( BAR ) (300 m far from stadium)
2. **Opening ceremony**  
The official opening ceremony of the 18th Balcan Veteran Championship 2008 takes place in the Stadium Topolica in Bar, Saturday 4th October at, 15.00 h.
3. **Entry**  
The Athletes may participate in maximum two evens of their choice and a rely event  
The entry fee is 15 Euros per athlete.
4. **Deadline for entries**  
The National Federation of Accredited Veteran Organisation should send all entries applications with a photocopy of the Athlete's passport the Organising Committee not later than the 31th August 2008 to:

e-mail: [lucanekretnine@cg.yu](mailto:lucanekretnine@cg.yu)

or fax no: tel: +382 86 458 283 , fax: +382 86 458 710

or on address: Jadranski put b.b. 85310 Budva, Montenegro

Montenegro Veterans Athletic Federation

Please note that no applications or changes will be accepted after this date.

#### 5. Facilities

The marathon and the Semi marathon will take place in Ulcinj Ada Bojana and there will be one lap around the Rowing shannel. Start and final in the Ulcinj.  
On 4th October, we will organize an Athletic party with an enterainment program – entree is 15 euros, you should be noticed in your applications what are your intentions.



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## HOTEL INFORMATION

Information about hotel accommodation will be send to You in a couple of days.

### 6. Roll call and assembly

All track events	15 min before the start
High Jump and Pole Vault	45 min before the start
All other field events	30 min before the start
Semi marathon	30 min before the start

- The organizers will provide a medical team that will be present at the Championship.
- Three winners of each category and event will be awarded with a sertificate and a medal.
- Athletes will compete under their own responsibility and are advised to pass medical examination in their country a few days prior to the Championship.  
The organizers do not take responsibility for any possible incident or acident in that respect.



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## Age groups

### WOMEN

100m Hurdles W35 84,0 13,00 8,50 10,50	400m Hurdles 76,2 45,00 35,00 40,00	2.000m Steeple 76,2 v 79,00 62,20
80m Hurdles (8) W40+45 76,2 12,00 8,00 12,00	76,2 45,00 35,00 40,00	76,2 v 79,00 62,20
300m Hurdles (7) W50+55 76,2 12,00 7,00 19,00	400m Hurdles 76,2 50,00 35,00 40,00	2.000m Steeple 76,2 v 79,00 62,20
W60+ 68,6 12,00 7,00 19,00 v=varies	68,6 50,00 35,00 40,00	

Weight of throw instruments

MEN	Shot	Discus	Hammer	Javelin
M35-45	7,26	2,00	7,26	800
M50+55	6,00	1,50	6,00	700
M60+65	5,00	1,00	5,00	600
M70+75	4,00	1,00	4,00	500
M80+	3,00	1,00	3,00	400

WOMEN				
M35-45	4,00	1,00	4,00	600
M50+55	3,00	1,00	3,00	500
M60+75	3,00	1,00	3,00	400
M80+	3,00	0,75	3,00	400

#### Awards Minimum Standards

MEN	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85
100 m	13.0	13.5	13.9	14.4	14.9	15.4	16.1	17.0	18.5	20.0	21.5
200 m	28.0	29.0	30.1	31.2	32.3	33.7	35.3	37.3	40.0	43.0	48.0
400 m	64.0	66.2	68.6	71.3	74.3	77.8	81.9	86.9	93.3	105	120
800 m	2.20	2.25	2.31	2.37	2.44	2.52	3.02	3.20	3.50	4.10	5.00
1500 m	5.10	5.22	5.34	5.48	6.04	6.23	6.45	7.12	7.50	9.00	10.3
5000 m	19.0	19.42	20.28	21.19	22.17	23.23	26.43	30.40	35.00	45.0	50.0
10000 m	41.0	42.3	44.09	46.0	48.05	50.3	55.22	60.0	70.0	90.0	100.4
5000 m	28.0	29.0	30.1	31.4	33.2	35.4	37.3	39.4	42.0	46.0	51.0
Walk											
80 m								22.00	24.5	27.5	
Hurdles											
100 m				21.0	22.0	23.5	25.0				
Hurdles											
110 m	19.0	20.3	21.3								
Hurdles											



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300 m						54.5	60.5	67.0	74.0		
Hurdles											
400 m	71.0	75.0	78.5	82.0	86.0						
Hurdles											
High jump	1.6	1.55	1.45	1.35	1.3	1.2	1.15	1.1	1.05	0.95	0.85
Pole vault	3.4	3.2	3.0	2.8	2.6	2.4	2.2	2.1	1.9	1.7	1.5
Long jump	5.1	4.8	4.5	4.2	3.9	3.6	3.4	3.2	3.0	2.7	2.3
Triple jump	10.5	9.8	9.1	8.45	7.9	7.32	6.8	6.3	5.9	5.5	4.9
Shot put	10.0	9.0	8.1	7.95	7.14	7.0	6.3	6.0	5.7	4.85	3.8
Discus	31.0	28.8	25.95	26.3	25.4	23.6	22.8	20.0	18.0	15.0	10.0
Javelin	38.0	34.6	31.5	28.65	26.1	25.75	23.45	21.0	19.0	16.0	11.0
Hammer	36.0	32.45	29.25	28.0	26.0	25.0	23.2	22.0	19.0	17.0	12.0

WOMEN	M30	M35	M40	M45	M50	M55	M60	M65	M70
100 m	15.5	16.0	16.8	17.6	18.4	19.5	21.5	22.5	23.8
200 m	30.0	32.0	34.0	35.5	39.0	41.0	42.0	44.0	48.5
400 m	72.0	74.0	76.0	80.0	86.0	92.0	103.0	112.0	120.0
800 m	2.50	2.55	3.05	3.15	3.30	3.40	3.55	4.20	4.40
1500 m	5.30	5.40	5.53	6.05	6.20	6.50	7.20	8.00	8.50
5000 m	21.0	22.0	23.0	24.0	26.0	27.3	29.3	32.3	36.0
10000 m	44.0	46.0	48.0	51.0	55.0	58.3	62.0	69.0	78.0
5000 m	36.0	37.3	38.3	40.0	42.0	44.3	46.0	48.3	53.0
Walk									
80 m									
Hurdles									
100 m									
Hurdles									
300 m									
Hurdles									
400 m									
Hurdles									
High jump	1.35	1.30	1.20	1.10	1.05	1.00	0.95	0.85	0.80
Long jump	4.00	3.90	3.70	3.50	3.10	2.80	2.50	2.30	2.10
Triple jump	8.30	8.00	7.70	7.40	7.00	6.40	5.90	5.00	4.00
Shot put	7.50	7.00	6.50	6.20	6.00	5.80	5.50	5.00	4.00
Discus	25.00	23.50	21.00	20.00	19.00	18.00	16.00	14.00	12.00
Javelin	28.00	26.00	24.00	22.00	20.00	18.50	17.50	15.00	13.00

Event	Men age groups	Women age groups
100 m	M35-M100	W30-W100
200 m	M35-M100	W30-W100
400 m	M35-M100	W30-W100
800 m	M35-M100	W30-W100
1500 m	M35-M100	W30-W100



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5000 m	M35-M100	W30-W100
10000 m	M35-M100	W30-W100
Semi marathon	M35-M100	W30-W100
80 m Hurdles	M70-M100	W40-W100
100 m Hurdles	M50-M65	W30
110 m Hurdles	M35-M45	
300 m Hurdles	M60-M100	W50-W100
400 m Hurdles	M35-M55	W30-W45
2 km Steplechase	M60-M100	
3 km Steplechase	M35-M55	
5000 m track Walk	M35-M100	W30-W100
High Jump	M35-M100	W30-W100
Pole Vault	M35-M100	W30-W100
Long Jump	M35-M100	W30-W100
Triple Jump	M35-M100	W30-W100

Hot put	M35-M100	W30-W100
discus	M35-M100	W30-W100
Hammer	M35-M100	W30-W100
Javelin	M35-M100	W30-W100
4x100 relays	M35-M100	W30-W100
4x400 Relays	M35-M100	W30-W100

## Categories.

Participants are classified by five year age groups: 30+ for Women and 35+ for Men. Throughout the Championships an athlete shall compete in the age group for which she/he qualifies on the first (1st) competition day of the championships ( 4th October), except for the relays and team events.

W 30	- Born From 4 October 1977 – to 5 October 1972
M + W35	- Born From 4 October 1972 – to 5 October 1967
M + W40	- Born From 4 October 1967 – to 5 October 1962
M + W45	- Born From 4 October 1962 – to 5 October 1957
M + W50	- Born From 4 October 1957 – to 5 October 1952
M + W55	- Born From 4 October 1952 – to 5 October 1947
M + W60	- Born From 4 October 1947 – to 5 October 1942
M + W65	- Born From 4 October 1942 – to 5 October 1937
M + W70	- Born From 4 October 1937 – to 5 October 1932
M + W75	- Born From 4 October 1932 – to 5 October 1927
M + W80	- Born From 4 October 1927 – to 5 October 1922
M + W85	- Born From 4 October 1922 – to 5 October 1917
M + W90	- Born From 4 October 1917 – to 5 October 1912



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## PRE-VIEW TIMETABLE

### Saturday 04/10/2008

#### Morning

08:00	5000 W(30+) – 5000 M (60+)
08:30	Semi marathon W-M
09:00	5000 Walk W-M
	Shot put W
	Javelin M (35-59)
	Long jump W
09:30	High jump M

10:00 80 Hurdles W (40+)  
 10:10 80 Hurdles M (70+)  
 10:20 100 Hurdles W (30-39)  
 10:30 100 Hurdles M (60-69)  
 10:40 100 Hurdles M (59-59)  
 11:00 1100 Hurdles M (35-49)  
 Shot put M (60+)

#### Afternoon

15:00 Open ceremony  
 15:30 Javelin M (60+)  
 15:45 100 W  
 High jump W  
 Long jump M  
 Shot put M (35-59)  
 16:10 100 M  
 16:40 400 W  
 17:00 400 M  
 17:30 1500 W  
 Javelin W  
 17:45 1500 M (35-54)  
 18:00 1500M (55+)  
 18:20 4x100 Relays W  
 18:30 4x100 Relays M



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### Sunday 05/10/2008

08:00 10000 W (30+) –M (60+)  
 Discus M (60+)  
 09:00 10000 M (35-59)  
 Triple jump W  
 Hammer W  
 09:30 Pole Vault M  
 10:00 400 Hurdles M (35-49)  
 Triple jump M  
 Discus M (50-59)  
 10:10 400 Hurdles M (50-59)  
 10:20 400 Hurdles W(30-49)  
 10:30 300 Hurdles W (49+)  
 10:40 300 Hurdles M (60+)  
 10:55 800 W

11:00	Discus W
11:05	800 M
11:20	3000 Steeplechase M (35-59)
11:40	2000 Steeplechase M (60+)
12:00	200 W
12:20	200 M
12:30	Discus M (35-49)
12:45	4x400 Relays W
13:00	4x400 Relays M
13:30	Hammer M
15:00	Closing Ceremony

### Height and distances between hurdles

#### MEN

110m Hurdles	400m Hurdles	3.000m Steeple
M35-45 99,1 13,72 9,14 14,02	91,4 45,00 35,00 40,00	91,4 v 79,00 62,20
100m Hurdles		
M50+55 91,4 13,00 8,50 10,50	84,0 45,00 35,00 40,00	91,4 v 79,00 62,20
	300m Hurdles (7)	2.000m Steeple
M60+65 84,0 16,00 8,00 12,00	76,2 50,00 35,00 40,00	76,2 v 79,00 62,20
80m Hurdles (8)		
M70+ 75 76,2 12,00 7,00 19,00	68,6 50,00 35,00 40,00	
M80+ 68,6 12,00 7,00 19,00		