



SZAMOSZ
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HUNGARIAN SENIOR INDOOR TRACK&FIELD CHAMPIONSHIP 2012.

AN INTERNATIONAL INDOOR OPEN CHAMPIONSHIP

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

2. Championship date: March 4. 2012. Sunday

Location: **Budapest, SPORT TENT** (across the SYMA sport center)

Adress: H - 1146 Budapest, Dózsa György út 1 / Organiser: SZAMOSZ

3. Participants: Any senior competitor may enter who was born before March 4, 1982. 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 february 27th, 2012. through e-mail:
gyozo.nagy@chello.hu and herczeg07@yahoo.com (George Herczeg)
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 Stadium).

5. Registry in Stadium: Registry on premises, 75 minutes before the event.
Registry fee: in case of pre-registry: 2,500 HUF the 1st event, 2,000 Ft the 2nd event, 1,500 HUF from the 3rd event.

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 (entry). We are not taking responsibility for the lost personal items.



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TIME SCHEDULE - March 4th, 2012. (Sunday)

11,00	Triple jump W+M 60 m M Pole Vault W + M Shot put from W60 plus
11.30	60 m W
12.00	60 m Hurdles W+M Long jump W + M Shot Put W35-W59
12.30	200 m M
12,50	200 m W
13,00	Shot Put from M60 plus
13.00	800 m M.
13,20	800 m W
13.40	High Jump W+M
13,40	400 m M
14.00	400 m W
14.20	1500 m M Shot Put M35-M59
14,40	1500 m W
15.00	5000/ 3000 m race walking M + W

