



Bulgarian Veterans Athletic Federation

Bulgaria, 4003 Plovdiv, 85, Maritsa blv.
tel. +359 32 95 07 09; fax +359 32 95 19 65
e-mail: bflav@abv.bg

**Bulgarian Veterans Athletic Federation is organizing
THE 17TH BALKAN VETERANS ATHLETIC CHAMPIONSHIP
PLOVDIV - BULGARIA
6 - 7 October 2007**

BALKAN FEDERATIONS OF VETERAN ATHLETES ARE INVITED TO PARTICIPATE.

COMPETITION INFORMATION

1. **The Technical meeting** will be held on Friday 5th October 2007, at 19:00 hours. The place will be specifying lately and we will inform you for that.

Only two /2/ representatives from each Federation will be allowed to attend the meeting.

2. **Opening ceremony.**

The official opening ceremony of 17th Balkan Veteran championship 2007 takes place in the Stadium Plovdiv in Plovdiv, Saturday October 6, 15.00 h.

3. **Entry**

The Athletes may participate in maximum two events of their choice and a rely event
The entry fee is 15 Euros per athlete.

4. **Deadline for entries**

The National Federation or Accredited Veteran Organisation should send all entries applications with a photocopy of the Athlets passport to the Organising Committee not later than the 31 August 2007 to:

e-mail: bflav@abv.bg

or fax no: +359 32 95 19 65

or on address:

Bulgarian Veterans Athletic Federation
Bulgaria, 4003 Plovdiv, 85, Maritsa blv.

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 Plovdiv and will be four laps around the Rowing channel. Start and final in the stadium Plovdiv.

On 6th October, we will organize an Athletic party with an entertainment program – entry is 15 euros, you should be noticed in your applications what are your intentions .

The hotel information we will send you in a two weeks.

6. **Roll call and assembly**

All track events

15 min before the start



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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

7. The organizers will provide a medical team that will be present at the Championship.

8. Three winners of each category and event will be awarded with a certificate and a medal.

9. 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 accident in that respect.

Age groups

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
1.500 m	M35-M100	W30-W100
5.000 m	M35-M100	W30-W100
10.000 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 Steeplechase	M60-M100	
3 km Steeplechase	M35-M55	
5.000 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
Shot 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



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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 (6th October), except for the relays and team events.

W 30 - Born From 6 October 1977 - to 7 October 1972
M + W 35 - Born From 6 October 1972 - to 7 October 1967
M + W 40 - Born From 6 October 1967 - to 7 October 1962
M + W 45 - Born From 6 October 1962 - to 7 October 1957
M + W 50 - Born From 6 October 1957 - to 7 October 1952
M + W 55 - Born From 6 October 1952 - to 7 October 1947
M + W 60 - Born From 6 October 1942 - to 7 October 1947
M + W 65 - Born From 6 October 1942 - to 7 October 1937
M + W 70 - Born From 6 October 1937 - to 7 October 1932
M + W 75 - Born From 6 October 1932 - to 7 October 1927
M + W 80 - Born From 6 October 1927 - to 7 October 1922
M + W 85 - Born From 6 October 1922 - to 7 October 1917
M + W 90 - Born From 6 October 1917 - to 7 October 1912

PRE-VIEW TIMETABLE

Saturday 06/10/2007

Morning

08:00 5 000 W (30 +) - 5 000 M (60 +)
08:30 Semi marathon W-M
09:00 5 000 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 (50 - 59)
11:00 110 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



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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 1 500 M (35 - 54)
18:00 1 500M (55 +)
18:20 4x100 Relays W
18:30 4x100 Relays M

Sunday 07/10/2007

08:00 10 000 W (30 +) - M (60 +)
Discus M (60 +)
09:00 10 000 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 3 000 Steeplechase M (35 - 59)
11:40 2 000 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



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Height and distances between hurdles

MEN

110m Hurdles	400m Hurdles	3.000m Steeple
M 35-45 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		
M 50+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
M 60+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)		
M 70+75 76,2 12,00 7,00 19,00	68,6 50,00 35,00 40,00	
M 80+ 68,6 12,00 7,00 19,00		

WOMEN

100m Hurdles	400m Hurdles	2.000m Steeple
W 35 84,0 13,00 8,50 10,50	76,2 45,00 35,00 40,00	76,2 v 79,00 62,20
80m Hurdles (8)		
W 40+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)		
W 50+55 76,2 12,00 7,00 19,00	76,2 50,00 35,00 40,00	76,2 v 79,00 62,20
W 60+ 68,6 12,00 7,00 19,00	68,6 50,00 35,00 40,00	
v = varies		

Weight of throw instruments

MEN	Shot	Discus	Hammer	Javelin
M 35-45	7,26	2,00	7,26	800
M 50+55	6,00	1,50	6,00	700
M 60+65	5,00	1,00	5,00	600
M 70+75	4,00	1,00	4,00	500
M 80+	3,00	1,00	3,00	400
WOMEN				
W 35-45	4,00	1,00	4,00	600
W 50+55	3,00	1,00	3,00	500
W 60-75	3,00	1,00	3,00	400
W 80+	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



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800 m	2.20	2.25	2.31	2.37	2.44	2.52	3.02	3.20	3.5	4.1	5.0
1 500 m	5.10	5.22	5.34	5.48	6.04	6.23	6.45	7.12	7.50	9.0	10.30
5 000 m	19.0	19.42	20.28	21.19	22.17	23.23	26.43	30.40	35.00	45.0	50.0
10 000 m	41.0	42.3	44.09	46.0	48.05	50.3	55.22	60.0	70.0	90.0	100.40
5 000 m Walk	28.0	29.0	30.1	31.4	33.2	35.4	37.3	39.4	42.0	46.0	51.0
80 m Hurdles								22.00	24.5	27.5	
100 m Hurdles				21.0	22.0	23.5	25.0				
110 m Hurdles	19.0	20.3	21.3								
300 m Hurdles						54.5	60.5	67.0	74.0		
400 m Hurdles	71.0	75.0	78.5	82.0	86.0						
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	W30	W35	W40	W45	W50	W55	W60	W65	W70
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
1 500 m	5.30	5.40	5.53	6.05	6.20	6.50	7.20	8.00	8.50
5 000 m	21.0	22.0	23.0	24.0	26.0	27.3	29.3	32.3	36.0
10 000 m	44.0	46.0	48.0	51.0	55.0	58.3	62.0	69.0	78.0
5 000 m Walk	36.0	37.3	38.3	40.0	42.0	44.3	46.0	48.3	53.0



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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

BEST REGARDS,

ATANAS TAREV

PRESIDENT