



Ymer Games

1-2 June 2019

PM

IK Ymer Athletics Club welcomes you to this year's Ymer Games, an official test-competition for the upcoming European Athletics U20 Championships taking place in Borås 18-21 July. Here is some information about the competition.

Cometition Arena: The Ymer Games will take place on Ryavallen, located in central Borås. Adress Erikslundsplatsen 1. The Arena has 8 around lanes, 2 high jump pits, 1 pole vault pit, 4 long jump/triple jump runways, 4 shot put circles, 1 discus/hammer circle/cage and 2 javelin runways.

Parking: Free parking is available in close proximity to Ryahallen/Ryavallen. Note that during the weekend soccer games are taking place on Borås Arena, next to Ryavallen, which can affect the number of available parking spots during the afternoon.

Dressing room: There are 2 dressing rooms inside Ryahallen (the indoor arena).

Warm-up: All warm-up activities will take place inside Ryahallen or outdoors but is not permitted in the competition area. A warm-up Arena for throwing is available 2.5 kilometers north of Ryavallen.

Bib numbers: Bib pick-up is placed in the main entrance area of Ryahallen and will take place from 08:30. Athletes must wear the bib well visible on the chest (pole vault on the back). It is not allowed to fold in the bib before attachment.

Participation verification: For running events all athletes are asked to verify their participation. Participation verification should be performed by each individual personally with a name signature 45 minutes prior to the event. Signature check lists will be placed inside Ryahallen on bulletin boards to the right of the indoor javelin runway (straight ahead after main entrance, pass the dressing rooms and take an immediate right after entering the indoor Arena area).

Event call: In all events for athletes in the age groups up until and including F/P15 an event call will take place 15 minutes prior to the event at each event site.

Call room: As this is an official test-competition for U20EM athletes F/P17 and upwards must check through the Call room for all events during the meet. The Call room is located inside Ryahallen in an area to the right of the around lanes. Athletes are asked to report:

	Call room opens	Call room closes	Entry to Arena
Running	35 min before event	25 min before event	12 min before event
Long jump/triple jump	60 min before event	45 min before event	35 min before event
High jump	70 min before event	50 min before event	45 min before event
Pole vault	90 min before event	70 min before event	60 min before event
Throwing/Short put	60 min before event	40 min before event	35 min before event

Exiting the competition area: After the event all athletes F/P17 and upwards will leave the competition area together as per instruction from the officials.



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Infield area: Access to the infield area is restricted to the athletes that are currently taking part in an event and the officials. All others are kindly asked to stay on the bleachers/stands.

Long jump/triple jump: Zone P/F7-13, four attempts for all athletes. Jumping board P/F15-M/K - 6 attempts for all athletes if 8 or fewer contestants/class otherwise 3 attempts followed by additional 3 attempts for the top 8. Long jump runway placement is: runway 1 and 2 at the finish, runway 3 and 4 at the start.

High jump:

•High jump hight schedule

P15/P17/P19/M	1,28	1,33	1,38	1,43	1,48	1,53	1,56	1,59	+3cm
P10/P11/ P12/P13	0,88	0,93	0,98	1,03	1,08	1,13	1,16	1,19	+3cm

F15/F17/F19/K	1,23	1,28	1,33	1,38	1,43	1,48	1,51	1,54	+3cm
F10/F11/ F12/F13	0,88	0,93	0,98	1,03	1,08	1,13	1,16	1,19	+3cm

Pole vault: Opening heights are decided after consultation with athletes.

Throwing events: P/F7-13, four attempts for all athletes. P/F15-M/K - 6 attempts for all athletes if 8 or fewer contestants/class otherwise 3 attempts followed by additional 3 attempts for the top 8. Shot put circles that will be used during competition are placed inside the competition area on the same side as the pole vault pit.

Personal implements: Implements will be made available. Personal implements will be allowed, and must be checked-in 60 minutes prior to the event. Check.in area is in the outdoor equipment store room at the end of Ryahallen.

Results: Results will be announced inside Ryahallen on bulletin boards to the left of the indoor javelin runway.

Award ceremony: Awards for top 3, except for the youngest children participating in the combined event where all athletes receives a medal.

Café: A café will be placed inside Ryahallen, with a small extra café just outside the main entrance, offering hamburgers, hot dogs, coffee, sodas, cakes etc. Payment is possible with credit card and cash.

Track shoes: Idrottsspecialisten will be on site selling track shoes/spikes etc.