



PROGRAMMA / PROGRAM

(minimi di partecipazione/entry standards)

MASCHILI / MEN	FEMMINILI / WOMEN
100m (10"50) - 400m (47"50)- 800m (1'48"50) 1500m (3'40") - 400Hs (51"00) - SP (19.00m) 4x100m	100m (11"80) - 400m (53"00) - 800m (2'06") 1500m (4'15") 100Hs (13"30) - LJ (6.20m) 100m FISPEs
ANTEPRIMA/ PRE-MEETING ESORDIENTI (10): 50m (M/W) - Long Jump (W) - Vortex (M) RAGAZZI: 60m (M/W) - HJ (W) - Vortex (M) - Relay 4x100 (M/W) CADETTI: 80m (M/W) - 1000m (M/W) - LJ (M) - HJ (W) - Pole Vault (M/W) - Relay 4x100 (M/W) ALLIEVI: 100m (M/W) - 500m (M/W) - HJ (W) - Pole Vault (M/W) - LJ (M) - Relay 4x100 (M/F) JUNIOR/PROMESSE/SENIOR: 100m (M/W) - 500m (M/W) MASTER: 100m (M/W) - 800m (M/W)	
ATLETI CON DISABILITÀ / SPECIAL OLYMPICS 50m SPECIAL OLYMPICS (M/W)	
PROMOZIONALE/ PROMOTIONAL RACE 6-14 anni (M/W) 500m	



*The program may be subject to change. Consult www.meetinglignano.com

ORGANIZATIONAL HEADQUARTERS

Nuova Atletica dal Friuli ASD

Via Ippis, 6 - 33100 Udine (Italy)

tel. +39.0432.481725 - info@meetinglignano.com - www.meetinglignano.com

REGISTRATIONS

WITHIN AND NO FURTHER THAN 10 JULY 2024

- The registrations for the **Pre-Meeting** (Youth categories and Master) can be done by sending an email to info@meetinglignano.com. For organizational purposes, the maximum number of participants for each discipline will be assigned to partner clubs only.
 - for the ESORDIENTI categories, only athletes registered in the Province of Udine can participate
- Registrations for the **International Meeting** are received at the organizational headquarters **by sending via e-mail to scaini@meetinglignano.com indicating the following data: name, surname, year of birth, residence, club to which you belong, competitions, best performance obtained in 2023/24**. The participation of Athletes in the Technical Program races and the modification of the list of members is at the sole discretion of the Organizing Committee. The same will be able to accept "Top Level" athletes, Allievi/e, Juniores and Promesse from the Friuli VG Region in the absolute competitions included in the program even without the minimum participation requirements.

PRE-MEETING REGULATIONS

- A. The track is 6 lanes and allows athletes to use shoes with spikes no longer than 6 mm. Furthermore, the footwear will be sample checked in reference to the RT5 Standard of the International Technical Regulations.
- B. In the **Pre-Meeting**, confirmation of registrations must be done online, through the FIDAL site, **by 6.00 pm on Friday 12 July 2024**. Unconfirmed registrations will be considered null and void.
- C. The bibs for the races must be collected within 2 hours before the start of the same, by a Club Manager, at the Technical Information Center (**TIC**).
- D. To access the Warm-up Area, the athletes must follow the instructions indicated by the officers. In this area, access to companions will be prohibited.
- E. For the **Pre-Meeting** (Youth categories and Master) the athletes must, without further call, make themselves available to the Judges at the **Call Room** (CR) 10 minutes before entering the field (**Entry To The Field**) which will take place within the following times:
10 minutes before the start for LANE RACES;
30 minutes earlier for LONG JUMP, HIGH JUMP, DISCUS and VORTEX;
40 minutes early for the POLE VAULT.
- F. Pre-Meeting participants will be rewarded:
 - Esordienti: all participants
 - Ragazzi/e, Cadetti/e, Allievi/e, Juniores, Promesse, Master: first 3 classified
 - Promotional categories: all participants

INTERNATIONAL MEETING REGULATIONS

- G. For the **International Meeting** the athletes must, without further call, make themselves available to the Judges at the **Call Room** (CR) **10** minutes before entering the field (**Entry To The Field**) which will take place within the following times:
10 minutes before the start for LANE RACES;
30 minutes earlier for the LONG JUMP;
40 minutes earlier for HIGH JUMP.
- H. The composition of the series (lanes, alignment, jumping and throwing shifts) will be carried out by the Technical Delegate at the Technical Secretariat, in agreement with the organizers, after confirmation of registration by the athletes.
- I. The progression of the High jump will be established by the Technical Delegate, based on the accreditations of the members.
- J. For the International Meeting the winner of each competition will be rewarded. **The Missoni Trophy** will be awarded to the athlete who wins the 400Hs race.
- K. The program and the timetable may be modified at the sole discretion of the Organizers and the Technical Delegate based on particular needs and especially based on the participants in each single competition.

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- L. Any complaints may be presented verbally to the referees of the matches to which they refer in the first instance, and to the Judge of Appeal (at the TIC) in writing in the second instance (fee 100,00 € or equivalent) within the terms established by the RTI.

For anything not covered by this Regulations, will be applied the Technical and Statutory regulations issued by **World Athletics** and **European Athletics** for the current year.

ACCESSES

Access will be bound by current national regulations. It is published on the site www.meetinglignano.com the access protocol and the regulations to be observed. The Information Document will also be displayed on the Social pages and at the Entrance areas.



TIC: Technical Information Center
WARM-UP AREA: Warm-up field
CR: Call Room
MZ: Mixed Zone (Runway Exit area)

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TIME TABLE

<i>GARE MASCHILI</i>		<i>Orario Gara</i>	<i>GARE FEMMINILI</i>	
<i>CONCORSI</i>	<i>CORSE</i>		<i>CORSE</i>	<i>CONCORSI</i>
Salto con l'Asta AI/CI	80m Cadetti serie 1	16.00		Salto con l'Asta AE/CE
	80m Cadetti serie 2	16.03		
	80m Cadetti serie 3	16.06		
	80m Cadetti serie 4	16.09		
		16.12	80m Cadette serie 1	
Vortex Ragazzi		16.15	80m Cadette serie 2	
		16.18	80m Cadette serie 3	
		16.21	80m Cadette serie 4	
		16.24	80m Cadette serie 5	
		16.27	80m Cadette serie 6	
Salto in Lungo AI/CI	100m Allievi	16.30		Salto in Alto AE/CE
		16.33	100m Allieve	
	100m Junior/Pro/Senior	16.36		
		16.39	100m Junior/Pro/Senior	
	500m All/Jun/Pro/Senior	16.43		
		16.47	500m All/Junior/Pro/Senior	
	800m Master	16.51		
		16.56	800m Master	
	100m Master serie 1	17.01		
	100m Master serie 2	17.04		
	17.07	100m Master serie 1		
	1000m Cadetti	17.10		
Vortex Esordienti 10		17.15	1000m Cadette	
	60m Ragazzi serie 1	17.21		
	60m Ragazzi serie 2	17.24		
	60m Ragazzi serie 3	17.27		
	60m Ragazzi serie 4	17.30		Salto in Lungo Esordienti 10
		17.34	60m Ragazze serie 1	
		17.37	60m Ragazze serie 2	
		17.40	60m Ragazze serie 3	Salto in Alto Ragazze
		17.43	60m Ragazze serie 4	
		17.46	60m Ragazze serie 5	
		17.49	60m Ragazze serie 6	
	50m Esordienti 10 serie 1	17.52		

	50m Esordienti 10 serie 2	17.54		
	50m Esordienti 10 serie 3	17.56		
		17.58	50m Esordienti 10 serie 1	
		18.00	50m Esordienti 10 serie 2	
		18.02	50m Esordienti 10 serie 3	
	Staffetta 4x100 Ragazzi	18.07		
		18.11	Staffetta 4x100 Ragazze	
	Staffetta 4x100 Cadetti	18.15		
		18.19	Staffetta 4x100 Cadette	
	Staffetta 4x100 Allievi	18.23		
		18.27	Staffetta 4x100 Allieve	
	Staffetta 4x100 Senior	18.31		
	500m PROMOZIONALE 6-12	18.35	500m PROMOZIONALE 6-12	
	500m PROMOZIONALE 12-14	18.39	500 m PROMOZIONALE 12-14	
	CERIMONIA DI APERTURA	18.47	CERIMONIA DI APERTURA	

MEETING INTERNAZIONALE sport e solidarietà

men	time	women
	18.55	100hs (W)
	19.05	100m FISPES
	19.10	50m SOI (mista)
50m SOI (mista)	19.13	
SP (M)	19.15	
100m (M) Heat 1	19.18	
100m (M) Heat 2	19.23	
100m (M) Heat 3	19.28	
	19.33	100m (W) Heat 1
	19.38	100m (W) Heat 2
	19.43	100m (W) Heat 3
400hs (M)	19.50	LJ (W)
400m (M)	19.55	
	20.05	800m (W)
800 m (M)	20.10	
	20.15	400m (W)
1500m	20.20	
	20.28	1500m (W)
	20.40	100m (W) Final
100m (M) Final	20.47	