



XXII GRAND PRIX SOPOTU IM. JANUSZA SIDŁY 2019

PROGRAM MINUTOWY/TIMETABLE

16:55 - Opening ceremony	
17:00	rzut oszczepem (javelin throw) M
17:05 - 100mppt K/W	
17.10	skok wzwyż (high jump) M
17.15 - 100m M (heat 1)	
17.20 - 100m M(heat 2)	
17.30 - 60m (children)	
17:40	skok w dal (long jump) M
17:45 – 800m (boys)	
18.00 – 100m M Final	
18.10 - 200m K/W	
18:20 – 400m M	
18:25	pchnięcie kulą (shot put) M + W
18:30 - 600m (girls)	
18:40 – 800m K/W	
18:55 – 200m M	
19:05 – 400m (girls)	
19:20 – 400m K/W	

High Jump:

height: 2,00m/2,05m/2,10m/2,15m/2,18m/and then every 3 cm

Call Room:

Athletes competing in all races must be present at the call room not later as 15 minutes before the start of the event and 30 minutes before the field events

Victory ceremonies:

Immediately after the end of each event, only first each event will be awarded at the special place indicated by the organiser

Payments:

Prize money for the best athletes at each event will be paid in cash in PLN at the reception of the Hotel Stadion Lesny about 20 minutes after the end of the each event accordingly to the Prize-Money System.