



INTERNATIONAL THROWING MEETING
Leiria, 14 and 15 of july
2018



International Throwing Meeting

National Throwing Centre

Leiria - Portugal

1. HOST CITY

The event will take place in the city of Leiria. The city has a population of 128 537 people. Leiria is a city with a great sports culture, due to the high number of sports at the population's disposal: athletics, handball, basketball, hockey, football, etc.

Leiria was originated at the hill of its castle, having its original settlement within its walls, and later growing down to the banks of the Lis river. Today this is a modern city, with a rehabilitated public space, which possesses a very characteristic way of urban living, both during the day or at night. At the city's historical centre, hundreds of people of all ages gather to socialize, this being a privileged stage to play, talk, listen to music or dance. The built patrimony has the castle as its ex-libris and also integrates a great number of churches and Art Nouveau buildings.

Leiria has a very rich landscape and environmental patrimony, with unique natural beauty, such as the Leiria Pine Tree Forest, the Lapedo Valley, a place of worldwide archaeological importance since the discovery of the Lapedo Child burial site, the Ervedeira Lagoon, the Pedrógão Beach and the Monte Real Spa. Another great richness of Leiria is its gastronomy, dominated by the scents and flavours of the sea that contrast with those typical of the mountains, which can be appreciated at its countryside known restaurants.



Visiting Leiria is taking a tour around a fascinating city, full of treasures which remember historical people and places, with a landscape dominated by the hill of the castle. Visiting Leiria is to appreciate a city geometry characterized by the course from the hill of the castle to the Lis river banks, by its squares and streets from the 14th Century, where the past and present coexist.

One can end the day trying the delicacies of the well-known restaurants of Marrazes and making the most of the different places that create the city's vibrant nightlife.

Around the municipality of Leiria there are many other places worth a visit, given the touristic attractions they hold, such as the monasteries of Batalha and Alcobaça, both of them elected by UNESCO as World Heritage sites, the beaches of S. Pedro de Moel, Vieira de Leiria and Nazaré, the village of Óbidos and the Sanctuary of Fátima, among others.



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2. TIMETABLE

Saturday, 14 July 2018 – day 1

Call Room	start	event	Sex	age	obs.	local
11:35	12:00	Discus Throw	Men	U20	1,75 kg	Cage 1
12:25	12:50	Discus Throw	Men	Senior	Group B	Cage 1
13:15	13:40	Discus Throw	Women	U20	1 kg	Cage 1
14:20	14:45	Javelin Throw	Men	Senior	ELITE	CNL
14:35	15:00	Discus Throw	Men	Senior	ELITE	Cage 1
14:35	15:00	Shot Put	Men	U16	4 kg	CNL
15:35	16:00	Javelin Throw	Women	U20 / Senior	ELITE	CNL
15:35	16:00	Hammer Throw	Women	U16	3 kg	Cage 2
15:35	16:00	Shot Put	Men	Senior	ELITE	CNL
15:55	16:20	Discus Throw	Women	Senior	ELITE	Cage 1
16:10	16:35	Hammer Throw	Men	U16	4 kg	Cage 2
16:10	16:35	Hammer Throw	Women	U20	4kg	Cage 1
16:45	17:10	Hammer Throw	Women	Senior	ELITE	Cage 1
16:50	17:15	Shot Put	Women	U20 / Senior	ELITE	CNL
17:05	17:30	Javelin Throw	Men	U20	800 grs	CNL
17:20	17:45	Discus Throw	Women	U16	0,75 kg	Cage 2
17:50	18:15	Hammer Throw	Men	Senior	ELITE	Cage 1
17:55	18:20	Shot Put	Men	U20	6 kg	CNL
18:05	18:30	Javelin Throw	Women	U16	600 grs	CNL
18:05	18:30	Discus Throw	Men	U16	1 kg	Cage 2
18:45	19:10	Shot Put	Women	U16	3 kg	CNL
19:05	19:30	Javelin Throw	Men	U16	500 grs	CNL
19:05	19:30	Hammer Throw	Men	U20	6 kg	Cage 1



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Sunday, 15 July 2018 – day 2

Call Room	start	event	Sex	Age	obs.	local
13:45	14:00	Discus Throw	Women	Senior	ELITE	Cage 1
14:20	14:45	Javelin Throw	Men	Senior	ELITE	CNL
14:35	15:00	Discus Throw	Women	Senior	GROUP B	Cage 2
14:40	15:05	Discus Throw	Men	Senior	ELITE	Cage 1
15:20	15:45	Shot Put	Women	U18	3 kg	
15:25	15:50	Discus Throw	Men	U18	1,5 kg	Cage 2
15:40	16:05	Javelin Throw	Women	Senior	ELITE	CNL
15:55	16:20	Hammer Throw	Men	U18	5kg	Cage 1
16:05	16:30	Shot Put	Men	Senior	ELITE	
16:50	17:15	Javelin Throw	Men	U18	700 grs	CNL
16:55	17:20	Discus Throw	Women	U18	1 kg	Cage 2
17:10	17:35	Hammer Throw	Women	Senior	ELITE	Cage 1
17:15	17:40	Shot Put	Women	Senior	ELITE	
17:20	17:45	Javelin Throw	Women	U18	500 grs.	CNL
17:35	18:00	Discus Throw	Men	Senior	Group B	Cage 2
18:05	18:30	Shot Put	Men	U18	5 kg	
18:15	18:40	Hammer Throw	Men	Senior	ELITE	Cage 1
18:50	19:15	Hammer Throw	Women	U18	3 kg	Cage 1
19:20	19:45	Discus Throw	Women	Senior	Group B	Cage 1
	20:00	Shot Put		Open Event		



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2. GENERAL REGULATIONS:

1. All the athletes in the Senior Elite groups will have 6 attempts;
2. The winners of the senior B groups on Saturday competition (hammer and discus), may take part in the elite group on the second day.
3. Each athlete can participate in a maximum of two events per day;
4. The U20 athletes may apply to participate in the senior events on Sunday;
5. The U18 athletes may apply to participate in the U20 competition on Saturday;
6. The U16 athletes may apply to participate in the U18 competition on Sunday;

3. CALL ROOM

All athletes must report to the Call Room 25 minutes before each event.

4. MEASUREMENT

The measurements in all events will be taken by standard electronic equipment.

5. PERSONAL IMPLEMENTS

The throwing implements provided by the organization (see implement list, Appendix 1) are selected from those appearing on the current IAAF approved equipment list.

Personal Implements shall also be allowed, providing that:

- They have IAAF certification;
- They are in good conditions and the brand is easily recognised;
- They are made available to all the other competitors until the end of the final;
- **They will have to be submitted to the implements check in point (located at the National Throwing Center) at least 3 hours before the event.**

These implements will be returned after the competitions.



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6. PARTICIPATION REQUEST

The closing date for entries is **July, 2**. Please e-mail entries to the leiria@eap-circuit.org with the following information:

- Name;
- Club / Country;
- Date of birth;
- Events;
- Season Best and Personal Best.

7. ACCOMMODATION AND HOTEL INFORMATION:

The official hotel will be **Eurosol Jardim**

Rua D. José Alves Correia da Silva

2414-010 – Leiria

Portugal

Tel: +351 244 849 849

Fax +351 244 849 840

E-mail: leiria@eurosol.pt

Website : www.eurosol.pt



7.1.1 Invited athletes

The organization could support accommodation in Eurosol Hotel to the international athletes with the following standards (results achieved in the 2018 season):

Category	Men		Women	
	Seniors	U20s	Seniors	U20s
Shot Put	19,50	18,50	16,00	14,50
Discus	61,00	56,00	58,00	48,00
Hammer Throw	71,00	67,50	68,00	59,00
Javelin Throw	74,50	68,00	56,00	49,00



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7.2 Costs of Accommodation

The costs of the accommodation in the official hotel will be:

	Single room	Twin room
Athletes / Officials	50 € per person/night	27,5 € per person/night

All prices include breakfast and VAT

7.3 Extra Charges

Each athlete must settle any extra charges (bar, laundry, telephone etc.) at the hotel reception desk, before departure.

8. TRANSPORTS:

The organization can provide free transfers from Lisbon Airport on Friday 13th and on Monday 16th.

During the competition we will also provide transports from the hotel to the National Throwing Centre according the following timetable:

8.1 – Hotel Eurosol – National Throwing Centre

Saturday	Sunday
11h00	
12h30	12h30
14h00	14h00
15h30	15h30
17h00	17h00

8.2 – National Throwing Centre - Hotel Eurosol

Saturday	Sunday
16h45	16h45
18h30	18h30
19h30	19h30
20h30	20h30
21h30	
22h30	

9. CONTACTS:

Meeting Director: Paulo Reis

Phone number: +351919719727

e-Mail: leiria@eap-circuit.org

Website: www.juventudevidigalense.pt



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10. MEETING RECORDS

MALE				
	name	result	country	year
Shot Put	Tsanko Arnaudov	20,71	Portugal	2017
Discus Throw	Frank Casanas	66,34	Spain	2010
Javelin Throw	Ignácio Guerra	76,81	Chile	2009
Hammer Throw	Taylor Campbell	72,70	Great Britain	2016

FEMALE				
	name	result	country	year
Shot Put	Natalia Duco	18,19	Chile	2016
Discus Throw	Denia Caballero	67,04	Cuba	2017
Javelin Throw	Osleydis Menendez	60,17	Cuba	2009
Hammer Throw	Yipsi Moreno	74,46	Cuba	2011



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11. IMPLEMENT LIST

Shot Put Men

Nordic	Olympic Super Steel 128mm	Yellow	5131726	I-99-0021
Nordic	Stainless Steel 117 mm	Silver	5134726	I-99-0024
Nordic	Shot brass 110 mm	Yellow	5132726	I-99-0023
Gill	Steel 128mm	black	34163	I-99-0054

Discus Men

Nordic	Super Spin brass	Black/Gold	6131200	I-99-0030
Nordic	Discus Gold	White/Gold	6176200	I-99-0006
UCS	Purple Flyer High Moment, steel rim, fibreglass	purple	720-2200	I-99-0123
Gill	Pacer Carbon Discus 2kg	blue	720211	I-08-0421

Hammer Men

Nordic	Hammer brass 110mm	Gold	5125726	I-99-0008
Nishi	Steel 110mm	orange	F201/F352	I 99 0079
Bayerische (BSS)	Turned Steel, 110mm	Yellow	0112/0429	I-02-0277

Javelin Men

Nordic	Orbit Carbon blue cord 80m	White/blue spiral	7916808c	I-99-0190
Nordic	Champion Carbon lilac cord 90m	White/Lilac Spiral	7916800c	I-99-0189
Nemeth	Javel-Inn	Violet	800S70	I-99-0106

Shot Put Women

Nordic	Shot stainless steel 95mm	Silver	5134400	I-99-0028
Nordic	Shot stainless steel 100mm	Silver	5134401	I-12-0600
Nordic	Shot steel 108mm	Yellow	5133402	I-99-0025
Nishi	Steel 109mm	silver	F253C	I-99-0084

Discus Women

Nordic	Super spin brass	Black/Gold	6131100	I-99-0031
Nordic	Discus Gold	White/Gold	6176100	I-99-0005
Nishi	Super HM steel rim FRP side	purple/black/white	F333A	I-02-0256
Nishi	Super steel rim FRP sides	black/red/white	F303B	I-99-0086
UCS	Purple Flyer High Moment, steel rim, fibreglass	purple	720-2100	I-99-0121
Gill	Hollywood star steel rim wooden	blue	313	I-99-0039

Hammer Women

Nordic	Stainless Steel 95mm	Silver	5127400	I-99-0010
Nishi	Steel 96mm	blue	F210A/F352	I-99-0080
Polanik	Steel dia: 95mm, Premium Black	Black	PH-4-B/UW-110	I-10-0466
Nordic Sport	Brass, dia: 95mm	Gold	5125400	I-99-0009

Javelin Women

Nordic	Xena Steel silver cord 60m	Blue/White Spiral	7917604	I-01-0242
Nemeth	Nemeth Javel-Inn - 75m	Violet/Yellow/red	600CS75	I-99-0110
Nordic	Diana Classic, steel, lilac cord, 65m	Violet	7917600	I-99-0017
Nordic	Olympia Carbon flex 5.9	Green Cord, White, Green Spiral	7917606c	I-10-0457