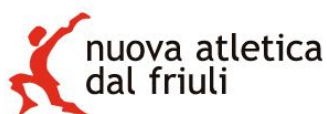


3° TROFEO  
OTTAVIO MISSONI

NUOVA ATLETICA DAL FRIULI È LIETA DI PRESENTARE IL

# MEETING

INTERNAZIONALE DI  
ATLETICA LEGGERA  
SPORT SOLIDARIETÀ



The Association **Nuova Atletica dal Friuli A.S.D.**,  
supported by **Regione Friuli Venezia Giulia**, **Provincia di Udine** and **Comune di Lignano  
Sabbiadoro (Ud)** and with the approval of **F.I.D.A.L.**, is organizing the

**Lignano Sabbiadoro (UD) Italy - Municipal Stadium**  
**Wednesday 13<sup>th</sup> July 2016 - 8:00pm**

together with **Associazione Comunità del Melograno Onlus**, **Nuova Atletica Tavagnacco A.S.D.** and  
**A.I.C.S. di Udine**.

## PROGRAMME

(near the competition you can find the minimum result you must have reached to compete)

MEN'S COMPETITIONS	WOMEN'S COMPETITIONS
100 m (10"50) – 400m (46"50) 800 m (1'48"5) – 3000m (7'50) 400 Hs (51") LONG JUMP (7.80) - DISCUS THROW (58.00)	100 m (11"80) – 400 m (52"00) 800 m (2'04") - 1500 m (4'15") 100Hs (13"30) HIGH JUMP (1.80) - DISCUS THROW (55.00)
DISABLED ATHLETES' COMPETITIONS	MEN and WOMEN Cat. J/P
50 m - 100m	100 m J/P M - 100 m J/P W

## REGIONAL COMPETITIONS

600 m A/J W - 600 m A/J M - 100 m Master M

## ORGANIZING COMMITTEE

Nuova Atletica dal Friuli A.S.D. - Via Forni di Sotto, 14 - 33100 Udine ITALY  
tel. +39.0432.481725 - fax +39.0432.545843  
e-mail: [info@nuovatletica.it](mailto:info@nuovatletica.it) web: [www.nuovatletica.it/meetinglignano](http://www.nuovatletica.it/meetinglignano)

You can contact this person:

URLANDO Giampaolo – Loc. Quarciglioni, 10 – 53010 IESA (Siena)  
mobile phone (+39) 333 – 7475500 tel. and fax (+39) 0577 – 758902  
e-mail [urlando\\_gp@tiscali.it](mailto:urlando_gp@tiscali.it)

## ENTRIES

**BY AND NOT LATER THAN THURSDAY 7<sup>TH</sup> JULY 2016**

### Entries are free.

Please send a **letter, e-mail or fax** with the following data:

*name, surname, date of birth, address, sport association, competitions, your best result in 2015/2016.*

Entries are submitted to competition rules (h).

## COMPETITION RULES

a) The track has got 6 ways made of Rubtan, therefore athletes can use shoes with not more than 6-mm long spikes.

b) You have to confirm your entry and get the number for the competitions in the Technical Information Center (point ② on the map) between **17:30 and 19:00**, otherwise you can not compete.

c) Athletes must be present in the Call Room (point ⑤ on the map) **5 minutes** before the entry to the field, that will take place as follow:

- **10 minutes** before **track competitions**;
- **20 minutes** before **discus throw**;
- **30 minutes** before **long jump**;
- **40 minutes** before **high jump**.

d) When athletes have confirmed their entry, the Technical Commissary draws for the competitions at the technical secretary.

e) Track competitions will be in lanes. Only 8 athletes will compete in the Field final competitions.

f) The heights for high jump will be decided by the Technical Commissary, according to the Annual Bests of the athletes.

g) The athletes of every competition that reach the first three best results receive a prize.

h) The Organizer Committee decides which athletes can participate to the events.

"TOP LEVEL" athletes from Friuli Venezia Giulia, that are invited, can take part in the competitions even if they have not reached the requested minimum result (but just if there are not too many entries).

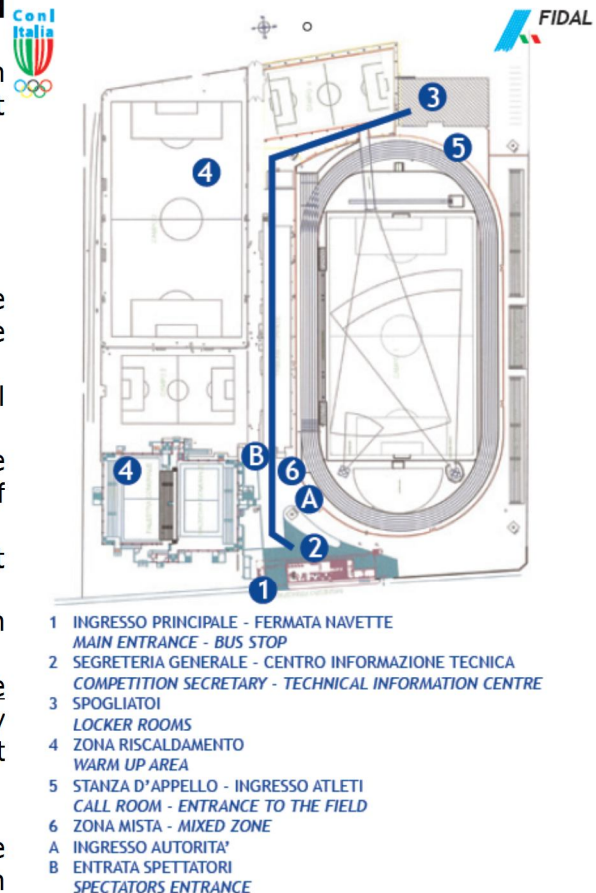
Complaints will not be accepted.

i) There will be 3 regional competitions before the international ones (600 m A/J W - 600 m A/J M - 100 m Master M).

l) The program and the timetable could be changed because of particular situations and because of the number of entries.

m) If you want to make a complaint, you can talk to the referees (free fee) and then, if you want, you can write your complaint to the justice of appeal (euros 100,00 fee), according to the International Technical Regulations, and delivery it to the TIC.

For other rules that you can not find here, see rules stated by F.I.D.A.L. for this year.



**Please check our website for any change in the programme**

**[www.nuovatletica.it/meetinglignano](http://www.nuovatletica.it/meetinglignano)**

**Last Update : 9<sup>th</sup> May 2016**