# COMPETITION INFORMATION VÄXJÖ INDOOR THROWING 31 JANUARY-2 FEBRUARY 2025, AT TIPSHALLEN, VÄXJÖ

IFK Växjö warmly welcomes all participants to Växjö Indoor Throwing! We are pleased to announce that this year we have the same number of participants and starts in the competition as in the previous record year!

To ensure a smooth competition, it is important that you carefully read through this PM and the schedule so that you are well-informed about the proceedings. Please help us maintain the schedule by arriving well in advance. Thanks to the large number of participants, we have had to create a tight schedule for Saturday. Our officials will do their utmost to adhere to these times, but delays or the possibility of starting events earlier may occur. Please listen to the speaker for any updates or changes. We hope you all understand. Welcome!

# **GENERAL INFORMATION**

The competition takes place in Tipshallen, Arenastaden, Hejaregatan 7. Entrance is through Gymnastikens Hus, located between Telekonsult Arena and Växjö Tipshall. NOTE! IFK Växjö has not booked any time for training in Tipshallen after Friday's competition. Parking is available north of Telekonsult Arena along Hejaregatan. 2h free parking, then 5 SEK/h (max 30 SEK/day), Easypark.

# LOCKER/CHANGING ROOMS

Locker/Changing rooms are available in Telekonsult Arena. Ordinary entrance to Telekonsult Arena is locked. Entrance to Telekonsult Arena is therefore via the passage between Telekonsult Arena and Tipshallen.

#### WARM-UP

Warm-up areas are inside Telekonsult Arena which is reached through a indoor passage from Växjö Tipshall or in the sprinting hall next to the competition arena. Maximum of two throws per athlete on the competition site.

#### PAYMENT/BIB NUMBERS

No bib numbers are used. For foreign participants with unpaid starts, payment can be made on-site with a card. Payments will be accepted at the food stands.

#### LATE REGISTRATION

Late registration will be subject to availability at double rate and up to 60 min before the event starts. All late registrations are made through <u>easyrecord.se</u>.

#### TIME SCHEDULE

Available at <u>easyrecord.se</u>.









Athletes of all ages need to do an event check in 60 minutes before the event starts. Event check in will be made online at <u>easyrecord.se</u>. Calling is at the place of the event and 10 min before it starts.

#### **INNER AREA**

Is only for those currently competing and for officials. Others should stay outside the enclosure.

#### FOOD

A kiosk is available in Tipshallen offering pasta salad, snacks, hot dogs, coffee, drinks, chocolate, etc. Payment possible with card.

# **IMPLEMENTS**

Implements must be weighed in or measured 60 minutes at the latest before the start of the event. You will leave and pick up your implement in a box that is placed by the food stand.

# **RULES/PRIZE CEREMONY**

#### **EQUIPMENT**

In shot put, we use outdoor steel shots. In javelin, indoor javelins with rubber tips are used. The same type of discus is used indoors as outdoors, and in weight throw, weights adapted for indoors are used.

#### 15 YEARS AND OLDER:

Everyone has three attempts, after the first three rounds top eight have another three attempts. In some cases, several classes can be decided at the same time, and then the top eight per class go to the final.

Prize giving to the top six in each class for the 15-year-old class. Only prize to the winner in the U18, U20 and senior classes. The award ceremony takes place immediately after the end of the event.

#### **RESULTS**

Results are uploaded live on <u>easyrecord.se</u> and can solely be found online. Any error should be notified to the TIC.

# **QUESTIONS**

Questions by IFK Växjös kansli +46 (0) 470 16116 or info@ifkvaxjo.se

# Welcome!





