



FEDERAZIONE ITALIANA DI ATLETICA LEGGERA

Area Organizzazione Sportiva
Ufficio Master
Prot. n. 4316 /MDC
Roma, 02/04/10

Ai Comitati Regionali FIDAL
Alle Società interessate
Agli Atleti Master
LORO SEDI

Oggetto: Campionati Europei Masters – Nyíregyháza (Ungheria)
15-24 luglio 2010.

Con la presente si comunicano le notizie più importanti relative alla manifestazione in oggetto pregando di diffonderle il più possibile.

PARTECIPAZIONE

Possono partecipare tutti gli atleti/e nati prima del 15 luglio 1975 (compreso) regolarmente tesserati alla Fidal per l'anno 2010.

L'organizzazione prevede a titolo di test anche la possibilità di partecipazione per gli atleti nati dal 15 luglio 1980 al 16 luglio 1975 (pre-masters) alle seguenti 5 gare:

Uomini: 100m, 1500m, Triplo, Giavellotto e Maratona

Donne: 100m, 800m, Lungo, Peso e Maratona

La modalità d'iscrizione è la stessa dei Master.

ISCRIZIONE

Le iscrizioni devono essere inviate alla Fidal di Roma per la convalida come segue:

- per posta prioritaria inviando:
 - Il modulo di iscrizione in allegato.
 - Ricevuta del bonifico bancario, relativo alle tasse di iscrizione, effettuato a favore FIDAL.
 - Copia documento d'identità.

IMPORTANTE: E' OBBLIGATORIO INVIARE INSIEME ALL'ISCRIZIONE IL NUMERO DELLA PROPRIA TESSERA FEDERALE.

Le iscrizioni dovranno pervenire entro il **21 maggio 2010** a Fidal Area Master Via Flaminia Nuova, 830 - 00191 Roma.

QUOTE DI PARTECIPAZIONE

Euro 40,00 Prima gara (escluso prove multiple)

Euro 50,00 Prove multiple

Euro 15,00 per ogni gara in più (escluse prove multiple)

Euro 50,00 per ogni gara in più combinata

FACOLTATIVE:

Euro 20,00 libretto risultati (libretto)

Euro 5,00 libretto risultati (CD)

Euro 20,00 Party

MODALITA' DI PAGAMENTO:

Le quote andranno versate direttamente alla FIDAL attraverso bonifico bancario con tutte le spese a carico dell'ordinante sul c/c della Banca Nazionale del Lavoro di Roma – codice IBAN: IT29Z010050330900000010107, indicando nella causale: quota di partecipazione Campionati Europei Masters Ungheria 2010. Per coloro che effettueranno il bonifico dall'estero il codice SWIFT è il seguente: BIC BNL I I TRR.

CONTROLLI ANTIDOPING

Verranno effettuati in conformità con i regolamenti IAAF/WMA.

Chi assume farmaci vietati dalle normative antidoping per scopi terapeutici contenenti sostanze proibite, deve ottenere, prima di partecipare alle competizioni, l'esenzione. La procedura è consultabile sul sito: www.fidal.it sezione master.

AVVISO IMPORTANTE

Durante le competizioni tutti gli atleti sono tenuti, secondo il regolamento WMA e EVAA, ad indossare la maglia della Nazionale Italiana.

Per acquistare il materiale la FIDAL/Ufficio Master ha stipulato un accordo con Team look. Per poterne usufruire è possibile consultare il sito www.fidal.it

VARIE

Per tutte le altre informazioni relative alla manifestazione è possibile consultare il sito web dell'organizzazione: www.evacs2010.hu

L' Area Masters Internazionale è a disposizione di tutti gli interessati al numero: 06.36856258. Email: mauro.decarli@fidal.it

Cordiali saluti

IL SEGRETARIO FEDERALE

Renato Montabone



TIME TABLE EVACS 2010 15 - 24 July NYÍREGYHÁZA HUNGARY

WOMEN	30	35	40	45	50	55	60	65	70	75	80	85	90+
100m h	16-Jul	16-Jul	16-Jul	16-Jul									
100m h/sf	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul				
100 m f	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	
200m h	x	21-Jul	21-Jul	21-Jul	21-Jul								
200m h/sf	x	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul				
200 m f	x	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	
400m h/sf	x	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul					
400m f	x	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul		
800m h	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul							
800 m f	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul		
1500m f	x	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul		
5000 f	x	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	21-Jul	21-Jul	21-Jul	21-Jul			
10000 f	x	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	x	x	x
80 Hu h	x	x	21-Jul	21-Jul	21-Jul								
80 Hu f	x	x	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul		
100 Hu h	x	21-Jul	x	x	x	x	x	x	x	x	x	x	x
100 Hu f	x	22-Jul	x	x	x	x	x	x	x	x	x	x	x
200 Hu f	x	x	x	x	x	x	x	x	18-Jul	18-Jul			
300 Hu h	x	x	x	x	17-Jul								
300 Hu f	x	x	x	x	18-Jul	18-Jul	18-Jul	18-Jul	x	x			
400 Hu f	x	18-Jul	18-Jul	18-Jul	x	x	x	x	x	x	x		
2000 SC f	x	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul			
4x100	x	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	
4x400	x	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	
5000 Track Walk	x	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	
10 km Road Walk	x	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul		
Marathon	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul			
High Jump	x	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul		
Pole Vault	x	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul				
Long Jump	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	
Triple Jump	x	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	
Shot Put	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul
Discus Throw	x	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul
Hammer Throw	x	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	
Javelin Throw	x	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	
Weight Throw	x	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	
Pentathlon	x	x	x	x	x	x	x	x	15-Jul	15-Jul	15-Jul		
Heptathlon	x	15/16-Jul	15/16-Jul	15/16-Jul	15/16-Jul	15/16-Jul	15/16-Jul	15/16-Jul	x	x	x	x	
Throwing Pent.	x	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	

h=heat sf=semifinal f=final

ver: 28-10-2009

TIME TABLE EVACS 2010 15 - 24 July NYÍREGYHÁZA HUNGARY

MEN	30	35	40	45	50	55	60	65	70	75	80	85	90+
100m h	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul						
100m h/sf	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	
100 m f	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul
200m h	x	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul							
200m h/sf	x	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	
200 m f	x	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul
400m h	x	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul						
400m h/sf	x	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul			
400 m f	x	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul	20-Jul
800m h	x	21-Jul	21-Jul	21-Jul	21-Jul								
800m h/f	x	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul					
800m f	x	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	
1500m h	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul					
1500m f	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	
5000 f	x	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	
10000 f	x	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul	
80 Hu h	x	x	x	x	x	x	x	x	21-Jul	21-Jul			
80 Hu f	x	x	x	x	x	x	x	x	22-Jul	22-Jul	22-Jul	22-Jul	
100 Hu h	x	x	x	x	21-Jul	21-Jul	21-Jul	21-Jul					
100 Hu f	x	x	x	x	22-Jul	22-Jul	22-Jul	22-Jul					
110 Hu h	x	21-Jul	21-Jul	21-Jul	x	x	x	x	x	x	x	x	
110 Hu f	x	22-Jul	22-Jul	22-Jul	x	x	x	x	x	x	x	x	
200 Hu f	x	x	x	x	x	x	x	x	x	x	18-Jul	18-Jul	
300 Hu h	x	x	x	x	x	x	17-Jul	17-Jul	17-Jul				
300 Hu f	x	x	x	x	x	x	18-Jul	18-Jul	18-Jul	18-Jul	x		
400 Hu h	x	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	x	x	x	x	x		
400 Hu f	x	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	x	x	x	x	x		
2000 SC f	x	x	x	x	x	x	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul		
3000 SC f	x	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	x	x	x	x	x		
4x100 f	x	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul		
4x400 f	x	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul		
5000 Track Walk	x	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	
20 km Road Walk	x	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	
Marathon	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	24-Jul	
High Jump	x	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul
Pole Vault	x	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	
Long Jump	x	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	
Triple Jump	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	22-Jul	
Shot Put	x	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul	18-Jul
Discus Throw	x	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul	17-Jul
Hammer Throw	x	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul	19-Jul
Javelin Throw	21-Jul	22-Jul	22-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul	21-Jul
Weight Throw	x	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul	16-Jul
Pentathlon	x	x	x	x	x	x	x	x	15-Jul	15-Jul	15-Jul	15-Jul	15-Jul
Decathlon	x	15/16-Jul	15/16-Jul	15/16-Jul	15/16-Jul	15/16-Jul	15/16-Jul	15/16-Jul	x	x	x	x	x
Throwing Pent.	x	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul	23-Jul

h=heat sf=semifinal f=final

ver: 28-10-2009

Entry Form

17th EUROPEAN VETERANS ATHLETICS CHAMPIONSHIPS
NYÍREGYHÁZA • JULY 15 - JULY 24, 2010



SURNAME	<input type="text"/>	FIRST NAME	<input type="text"/>
NATIONALITY	<input type="text"/>	STREET	<input type="text"/>
CITYPOST CODE	<input type="text"/>	CITY	<input type="text"/>
COUNTRY	<input type="text"/>	CLUB	<input type="text"/>
PHONE	<input type="text"/>	FAX E-MAIL.	+ <input type="text"/>
DATE OF BIRTH	Day <input type="text"/> Month <input type="text"/> Year <input type="text"/>	SEX	<input type="text"/>
		AGE GROUP	<input type="text"/>

Please use blocks for the details and tick 'X' the events in which you will participate.

X	Event	MEN'S AGE GROUPS	WOMEN'S AGE GROUPS	BEST PERFORMANCE 2009/10
	100 m	+90 - 30	85 - 30	sec
	200 m	+90 - 35	85 - 35	sec
	400 m	+90 - 35	80 - 35	sec
	800 m	85 - 35	80 - 30	min sec
	1.500 m	85 - 30	80 - 35	min sec
	5.000 m	85 - 35	75 - 35	min sec
	10.000 m	85 - 35	75 - 35	min sec
	80 m HURDLES	85 - 70	80 - 40	sec
	100 m HURDLES	65 - 50	35	sec
	110 m HURDLES	45 - 35	--	sec
	200 m HURDLES	85 - 80	75 - 70	sec
	300 m HURDLES	75 - 60	65 - 50	sec
	400 m HURDLES	55 - 35	45 - 35	sec
	2.000 m STEEPLECHASE	80 - 60	75 - 35	min sec
	3.000 m STEEPLECHASE	55 - 35	--	min sec
	5.000 m TRACK WALK	85 - 35	80 - 35	min sec
	10 km ROAD WALK	--	80 - 35	h min
	20 km ROAD WALK	85 - 35	--	h min
	MARATHON	85 - 30	75 - 30	h min
	HIGH JUMP	+90 - 35	80 - 35	m cm
	POLE VAULT	85 - 35	70 - 35	m cm
	LONG JUMP	85 - 35	85 - 30	m cm
	TRIPLE JUMP	85 - 30	85 - 35	m cm
	SHOT PUT	+90 - 35	+90 - 30	m cm
	DISCUS THROW	+90 - 35	+90 - 35	m cm
	HAMMER THROW	+90 - 35	85 - 35	m cm
	JAVELIN THROW	+90 - 30	85 - 35	m cm
	WEIGHT THROW	+90 - 35	85 - 35	m cm
	PENTATHLON	+90 - 70	80 - 70	pts
	HEPTATHLON	--	65 - 35	pts
	DECATHLON	65 - 35	--	pts
	THROWING PENTATHLON	+90 - 35	85 - 35	pts

Please indicate which of the following Championships you have attended as a competitor.

Year	1978	1980	1982	1984	1986	1988	1990	1992
Venue	Viareggio Italy	Helsinki Finland	Strasbourg France	Brighton Gr. Britain	Malmö Sweden	Verona Italy	Budapest Hungary	Kristiansand Norway
Year	1994	1996	1998	2000	2002	2004	2006	2008
Venue	Athens Greece	Malmö Sweden	Cesenatico Italy	Jyväskylä Finland	Potsdam Germany	Aarhus Denmark	Poznan Poland	Ljubjana Slovenia

ENTRY FEES

First Event (track-field, road, not combined events)	EUR 40	Incl. AD-Fee		
Combined event(s) (pentathlon, heptathlon, decathlon, weight pent)	EUR 50	Incl. AD-Fee		
Second event(s) (track-field, road)	EUR 15	Number of events		
Second combined event	EUR 50			
The Result Booklet printed	EUR 20			
The Results on CD	EUR 5			
GET-TOGETHER-PARTY				
I will take part in this Party with the following number of persons:	EUR 20	Number of persons		
Total				EUR

WAVER CLAUSE (LIABILITIES)

By signing this Entry Form, I accept and will perform my participation in these EVAA Championships under the rules of IAAF / WMA / EVAA. I also accept full responsibility in case of accident, injury or damage to myself or my property caused by my participation in the 17th European Veterans Championships.

DATE		SIGNATURE	
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ENTRY ADDRESS

All entries must be sent to the national association for veterans.

The entries must be accompanied by a copy of the entrant's birth certificate or of his identity card as evidence for the date of birth.

CLOSING DATE FOR ENTRIES

This Entry Form must be sent to the national EVAA body before:		May 31 2010
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The national EVAA body should send all payments to:

Organising Committee EVACS2010 NYÍREGYHÁZA

NAME OF BANK: OTP BANK NYRT

IBAN CODE: HU39 1175 1449 2710 3883 0000 0000

SWIFT CODE: OTPVHUHB

CERTIFICATION OR STAMP OF NATIONAL BODY

DATE		SIGNATURE	
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v.20-11-2009

EVACS 2010 LOC. ADDRESS: H-4400 NYÍREGYHÁZA, GÉZA U. 8-16. * www.evacs2010.hu * berke.zsuzsanna@buszacsu.hu