

BALTIC U18 INDOOR TEAM CHAMPIONSHIPS

25.02.2023., VALMIERA (LATVIA)

STARTING HIGHTS:

High Jump (WU18): 1.51-1.56-1.61-1.66-1.71-1.74-1.77-1.79-1.81...

High Jump (MU18): 1.68-1.73-1.78-1.83-1.88-1.92-1.95-1.97...

Pole Vault (WU18): 2.20-2.40-2.60-2.80-3.00-3.15-3.30-3.45-3.55-3.60...

Pole Vault (MU18): 3.55-3.75-3.90-4.05-4.20-4.35-4.45-4.55-4.65-4.70...

LANES FOR TRIPLE JUMP:

WU18 & MU18: 10m and 11m distance to the pit.

PERSONAL IMPLEMENTS:

Personal implements for the shot put must be handed over at least 1 hour before the event in the secretary.

VICTORY CEREMONIES:

Victory ceremonies will be held according to the Award Ceremony timetable.

CALL ROOM:

Running events	15 min
LJ, TJ, HJ, SP	25 min
PV	40 min