



Saturday 28th May 2016 Palafrugell – Costa Brava – SPAIN

TIMETABLE

16.00 400 m hurdles M	High jump M	Pole vault W	Hammer masters (5 ,6, 7'26 kg)
16.15 400 m hurdles youth (99-00) M			
16.25 400 m hurdles W			
16.40 300 m (2001-02) M			
16.50 300 m (2001-02) W			
17.05 600 m (2005-06) W			
17.15 600 m (2005-06) M			
17.30 400 m masters W	Long jump W		hammer M
17.45 400 m masters M			
18.00 150 m (2003-04) W		Pole vault M	
18.15 150 m (2003-04) M			
18.30 800 m W			
18.45 1500 m M			
19.00 3000 m masters W	triple M		Hammer W + masters (3, 4 kg)
19.15 3000 m masters M			
19.30 3000 m steeple W			
19.45 3000 m steeple M			
20.00 200 m W			
20.15 200 m M			
20.30 100 m W			
20.45 100 m M			

PROGRAMM

MEN – 100, 200, 1500, 400 HURDLES, 3000 STEEPLE, HJ, PV, TJ, HT

MASTERS (M35-M69) - 400, 3000, HT (7,26 , 6 & 5 KG)

YOUTH (1999-2000) – 400 HURDLES

CADETES (2001-2002) - 300

WOMEN – 100, 200, 800, 400 HURDLES, 3000 STEEPLE, LJ, PV, HT

MASTERS (W35-W74) - 400, 3000, HT (4 & 3 KG)

CADETES (2001-2002) – 300

CASH PRICES

Best performances – according IAAF score table 2011

1.- **300 €**

2.- **250 €**

3.- **200 €**

4.- **150 €**

5.- **100 €**

Stadium record.- **150 €**

EAP Circuit record.- **150 €**

INFORMATION

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STADIUM RECORDS

Men					
100 M	10.26	RAYMOND EJOGU	76	NIGERIA	19/05/2001
200 M	20.85	IGOR STRELTSOV	65	UKRAINE	19/06/1994
1500 M	3:39.31	RAYMOND KIPCHUMBA CHOGE	83	KENIA	29/05/2010
3000 steeple	8:27.71	CALEB NGETICH	84	KENIA	30/05/2009
400 hurdles	49.97	JUAN GUTIERREZ VALLIN	69	MEXICO	18/05/1999
HIGH JUMP	2,26	ROBBIE GRABARZ	87	GREAT BRITAIN	24/05/2008
	2,26	VIKTOR SHAPOVAL	79	UKRAINE	24/05/2008
	2,26	JAVIER BERMEJO	78	SPAIN	30/05/2009
TRIPLE JUMP	16,55	VLADIMIR LETNICOV	81	MOLDOVA	30/05/2009
POLE VAULT	5,60	DÍDAC SALAS	93	SPAIN	31/05/2014
HAMMER	74,32	ANDRAS HAKLITS	77	CROATIA	30/05/2009

Women					
100 M	11.60	CLAIRE BRADY	87	IRELAND	29/05/2010
200 M	23.52	GUZEL KHUBBIEVA	76	UZBEKISTAN	24/05/2008
800 M	2:04.04	TAMARA VOLKOVA	79	UKRAINE	31/05/2003
3000 steeple.	9:43.16	HANANE OUHADOU	82	MOROCCO	30/05/2009
400 hurdles	56.84	NATALIA IGNATYUK	63	BIELORRÚSSIA	21/06/1997
LONG JUMP	6,55	OLEKSANDRA STADNYUK	80	UKRAINE	30/05/2009
POLE VAULT	3,90	DEBORAH GYURSEK	78	URUGUAY	27/05/2006
HAMMER	70,15	IRINA SEKACHEVA	76	UKRAINE	30/05/2009

E.A.P. RECORDS

Men					
100 M	9.98	FRANCIS OBIKWELU	78	NIGÈRIA	BRAGA 2000
200 M	20.34	FRANCIS OBIKWELU	78	NIGERIA	BRAGA 2000
1500 M	3:37.30	DIEGO RUIZ	82	SPAIN	BILBAO 2007
3000 steeple	8:22.16	JOSE MARIA GONZALEZ	73	SPAIN	NAMUR 1999
4hurdles	48.89	PIETER DE VILLIERS	82	SOUTH AFRICA	CHAMBERY 2007
HIGH JUMP	2,31	DIMITRIOS CHONDROKOUKIS	88	GREECE	GENEVE 2011
TRIPLE JUMP	17,57	YOANDRIS BETANZOS	82	CUBA	BILBAO 2009
POLE VAULT	5,85	RIAAN BOTHA	70	SOUTH AFRICA	PIERRE BENITE 1996
HAMMER	81,05	CHRISTOPHE EPALLE	69	FRANCE	L'AIGLE 2002

Women					
100 M	10.99	CHRISTINE ARRON	73	FRANCE	GENEVE 1998
200 M	22.72	JAMILE SAMUEL	92	NEEDERLAND	GENEVE 2014
800 M	1:59.69	MARYAM JAMAL	84	BAHREIN	GENEVE 2005
3000 steeple	9:43.16	HANANE OUHADOU	82	MOROCCO	PALAFRUGELL 2009
400 hurdles	54.93	EILILD CHILD	87	GREAT BRITAIN	GENEVE 2014
LONG JUMP	6,79	EUNICE BARBER	74	FRANCE	PIERRE BENITE 1999
POLE VAULT	4,56	JILLIAN SCHWARTZ	79	ISRAEL	ALBERTVILLE 2010
HAMMER	74,61	YIPSI MORENO	80	CUBA	BILBAO 2006

Turistical and accommodation information
www.visitpalafrugell.cat

