



**JBL JUMP FEST**  
**GUIDELINES AND SCHEDULE**  
**DUATHLON – sprint and long jump V4 and clubs**

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<b>Age categories :</b>	birth years <b>2010 - 2011</b> birth years <b>2010 - 2011</b> birth years <b>2008 - 2009</b> birth years <b>2008 - 2009</b>
<b>Date and location:</b>	<b>9. september 2021</b> (Thursday) <b>8:30 to 12:30 a.m.</b>
<b>Registration deadline:</b>	<b>6. september 2021</b> (Monday) <b>12:00 a.m.</b>
<b>Event organizer :</b>	Atletika Košice o.z. , City of Košice and DSI Slovakia ltd.
<b>Main officials:</b>	<b>Event managers:</b> Danka and Janka Veldáková <b>Referee of jumping competitions :</b> Zuzana Lokajová <b>Referee of sprint events:</b> Ľuboš Jošák
<b>Disciplines:</b>	<b>DUATHLON:</b> 60 metres sprint /2 attempts/ and long jump /3 attempts/.
<b>Categories:</b>	<b>For capacity reasons V4 sports clubs (2xHUN, 2x POL, 1x CZE, 1x ATLKE) can register maximum of 8</b>
<b>children* :</b>	birth years 2010 - 2011: <b>max 2 boys</b> birth years 2010 - 2011: <b>max 2 girls</b> birth years 2008 - 2009: <b>max 2 boys</b> birth years 2008 - 2009: <b>max 2 girls</b>

!!! \*the event manager can make exceptions !!!

**Conditions of participation :** **both disciplines of the duathlon:** 60 metres sprint and long jump

**Applications:** **V4 sports clubs register their members by e-mail only on:** [registration@jumpfest.sk](mailto:registration@jumpfest.sk)

**Accommodation (not paid by event organizer):** <http://sdaj.tuke.sk/ubytovanie.html>

**Long jump** – length of jump will be measured from the point of take off. Each competitor will have **3** attempts, the longest one will be counted as the result.

**60 metres sprint** – there will be two attempts and the best time will be counted as the result.

Girls and boys in the above shown age categories b/y 2008-2009 and 2010-2011, will run separately  
The event will take place on a unique stadium (with a special jumping ramp and running tracks) built specifically for this purpose on Alžbetina (Elizabeth) Street with St. Elizabeth's Cathedral in the background



- Results:** Will be processed electronically and will be seen online on: HRDO ŠPORT
- Victory ceremony:** Will take place after the sprint and jumping races.
- Presentation:** on location from **7:30 – 8:15 a.m.** Changes will not be accepted!
- Toilets and changing rooms :** In tents on location on Alžbetina (Elizabeth) Street, WC - TOI TOI toilets behind the finish line
- Stadium:** The whole stadium (100 x15m) will be bounded by stands and safety barriers, which makes looking after cthe children easiet. Only coaches/teachers supervising their athletes will be allowed on the tracks.
- Warm-ups:** Warm-ups on the u ´ ´ jumping ramp and running tracks will be possible after registration cca 10-15 minutes before the start of the competition. Otherwise, competing children can have a warm-up in the nearby park on Hlavná street.
- Technical conditional:** Running spikes can be worn during competition.  
Results will be measured by measuring tape (jump) and electronic timer (60m).  
Starting blocks will be used in sprint competitions.  
Results will be published after completing the second discipline of the duathlon.
- Victory ceremony and prizes :** Victory ceremonies will be held after each category.  
The top three competitors in each category will get certificates and sweets.  
Winners will get JBL JUMP FEST T-shirts..
- Transport:** At own expense. Please plan your arrival and presentation of athletes by 8:15 a.m.  
„The stadium“ is located in the centre of Košice, 10 minutes walk from the bus and train stations. Parking will be possible in „Kultur Park“ car park on Kukučínova street (also 10min walk).

**T I M E T A B L E**  
**WEDNESDAY 9.9.2021**

Morning programme : „ DUATHLON“ – 60 m sprint and long jump V4 ad clubs“

	60m 2 attempts	Long jump 3 attempts
8:30 - 9:20	girls 2008-2009	girls 2010-2011
9:20 - 10:10	boys 2008_2009	boys 2010-2011
10:10 - 11:00	girls 2010-2011	girls 2008-2009
11:00 - 11:50	boys 2010-2011	boys 2008_2009

## HYGIENE MEASURES

Valid regulation: [see here >>>](#)