



## 2024 VIRTUS EUROPEAN ATHLETICS CHAMPIONSHIPS UPPSALA, SWEDEN

### Hurdle Races II1:

<b>MEN</b>	high	1 <sup>st</sup> hurdle	between	finish
<b>110m</b>	0.914	13.72m	9.14m	14.02m
<b>400m</b>	0.840	45.00m	35.00m	40.00m
<b>WOMEN</b>	high	1 <sup>st</sup> hurdle	between	finish
<b>100m</b>	0.840	13.00m	8.50m	10.50m
<b>400m</b>	0.762	45.00m	35.00m	40.00m

### Steeplechase Race II1:

<b>MEN</b>	high	<b>WOMEN</b>	high
<b>3000m</b>	0.914	<b>3000m</b>	0.76

### Throwing Events:

IMPLEMENT	MEN II1	WOMEN II1	MEN II2	WOMEN II2	MEN II3	WOMEN II3
<b>SHOT</b>	7.26kg	4kg	4kg	3kg	6kg	4kg
<b>DISCUS</b>	2kg	1kg	1kg	0.75kg	1.5kg	1kg
<b>HAMMER</b>	7.26kg	4kg	---	---	---	---
<b>JAVELIN</b>	800g	600g	600g	400g	700g	600g

### Long Jump Take-off Board (only 1m available)

	Distances:
<b>MEN II1</b>	1m
<b>WOMEN II1</b>	1m
<b>MEN &amp; WOMEN II2</b>	1m

### Triple Jump Take-off Board

	Distances:
<b>MEN</b>	9 – 11m
<b>WOMEN</b>	7 – 9m

### Progress Crossbar

#### High Jump II1

**MEN** (ER & WR = 1.96m)  
start 1.58-1.63-1.68-1.73-1.78 - 1.81-1.84-1.87-1.90-1.93 – 1.95-1.97 ...

**WOMEN** (ER & WR = 1.68m)  
start 1.13-1.18-1.23-1.28-1.33-1.38-1.43-1.48 – 1.51-1.54-1.57-1.60-1.63 – 1.65-1.67-1.69 ...

#### Pole Vault II1

**MEN** (ER & WR = 4.85m)  
start 2.10-2.20-2.30-2.40 ...

**WOMEN** (ER & WR = 4.85m)  
start 1.70-1.80-1.90-2.00-2.10-2.20-2.26-2.31 ...

## Combined Events

### High jump II1

**MEN – HEPTATHLON (+3cm)**

start: 1.44-1.47...

**WOMEN – HEPTATHLON (+3cm)**

start: 1.10-1.13...

### CALLROOM TIMES:

<b>Event group</b>	<b>Enter call room</b>	<b>To field of play</b>
High jump/pole vault	40 min	30 min
Horizontal jumps	40 min	30 min
Throwing events	40 min	30 min
Relays	20 min	10 min
Other Track	15 min	5 min
Walk	15 min	5 min