

## TRACK & FIELD COMPETITION

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SATURDAY, 22 APRIL 2017

**ALL PARTICIPANTS SHOULD BE AT SPORTS FACILITIES "POLIDEPORTIVO MUNICIPAL PUZOL"**

**AT 09H30**

TRACK & FIELD RACE

**5000 Meter Race**

**Please take attention to following points:**

**1- Warm up**

Participants will have a minimum of 30 minutes and a maximum of 45 minutes for warming up.

**2- Competition**

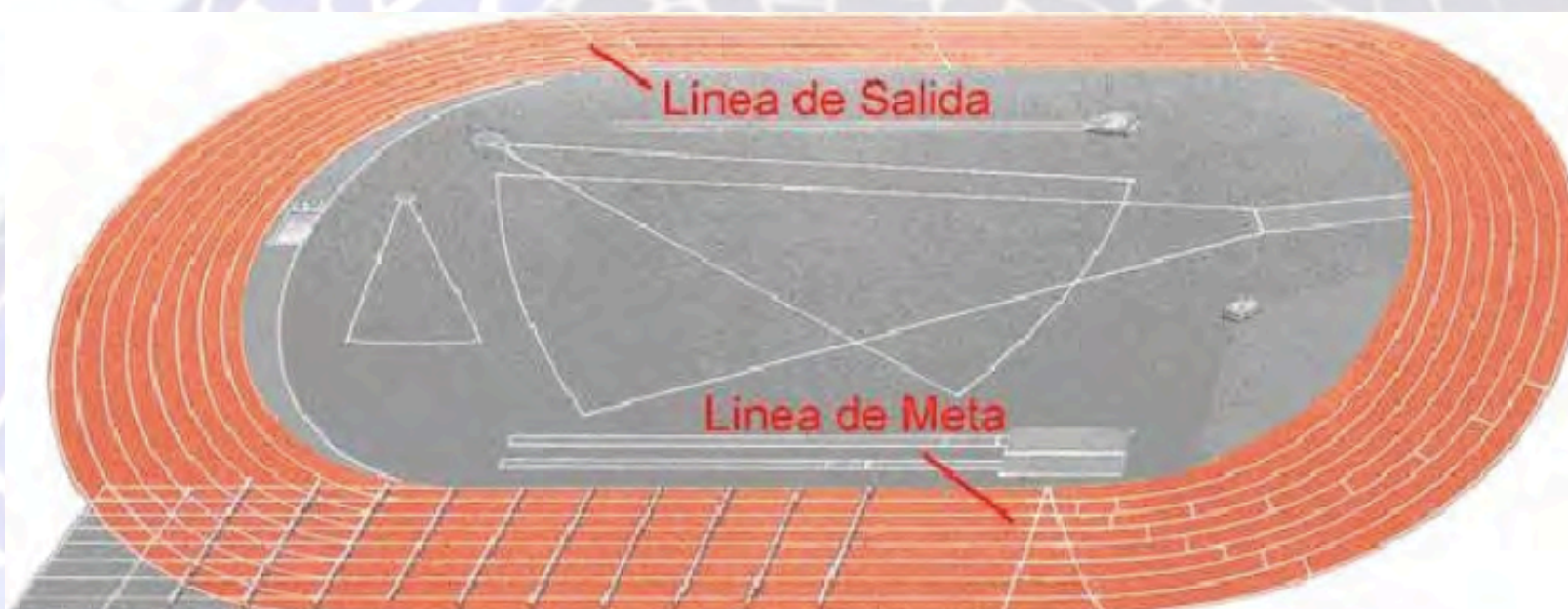
All men and women competition will take place at the same time. No unregistered participants will be allowed to compete.

**3- Participants**

Upon arrival to the sports facilities, all participants shall sign up in the Track & Field Race to participate.

**4- Race**

The Track & Field race will be a 5000 meters race over an oval running track. (12.5 Laps).



**5-Ranking**

THE TWO FIRST PLACES IN ALL MEN AND WOMEN RACE WILL RECEIVE 1<sup>ST</sup> PLACE AND 2<sup>ND</sup> PLACE TROPHY.

