

Saturday, 24th of August 2024
Regensdorf, Switzerland

Abendmeeting

Pacemaker in every 1500m heat
More information: www.lcr.ch

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Meeting Information: **Abendmeeting (WRC), Saturday, 24th of August 2024**

- Place:** Sportanlage Wisacher, Wiesackerstrasse 30, 8105 Regensdorf.
- Organizer:** Leichtathletik Club Regensdorf.
- Regulatory/Licence:** WO 2024 / IWR, licence required (except for the 5000m).
- World Ranking:** World Ranking Competition (WRC)
- Registration:** Swiss athletes: Online via [Online-Registration](#) on the Swiss Athletics website. International athletes and registrations for the invitational 600m: E-Mail to abendmeeting@lcr.ch with first name, surname, date of birth, world athletics athlete code, club, discipline, PB, SB 2024, e-mail, phone number.
- Registration deadline:** **Monday, 19th of August 2024, 23:59.59.**
- Registration fee:** CHF 20 per discipline. To be paid via e-payment when registering. International athletes: Cash payment on site.
- Late registrations:** No registrations on site possible!
- Confirmation board:** You need to cross off your name at the latest 60 minutes before the start of your discipline at the confirmation board (located at the bib distribution). Afterwards, the heats will be assembled.
- Call room:** 15 minutes before the start of each discipline on the event site.
- Insurance:** Insurance against accidents and theft is the responsibility of the athletes. The organizer declines any liability.
- Directions:** Train: S6 from Zurich HB (direction to Baden) until Regensdorf, Bus Nr. 452 until Sportanlage Wisacher.
Car: motorway A1, Zürich Nordring, exit at Zürich-Affoltern.
- Parking:** Limited spots available at the Sportanlage Wisacher and in the surrounding industrial area
- Contact:** Michael Eberhard / michael.eberhard@bluewin.ch
- Provisional timetable:** Last updated: 10th of July 2024 – final timetable will be published on the 21st of August
- Start lists/ live results:** Will be published shortly before the event on <https://swiss-athletics.ch/de/live-resultate/>

Time	Men	Women	Time
15:00		Discus Throw*	15:00
15:20	100m 1 st run	100m 1 st run	15:20
15:50		400m Hurdles	15:50
16:15	400m Hurdles		16:15
16:30		100m 2 nd run	16:30
16:50	100m 2 nd run		16:50
17:20		Shot Put*	17:20
18:00	400m	400m	18:00
18:30		600m invitational	18:30
18:35	600m invitational		18:35
18:40		600m U16W	18:40
18:45	600m U16M		18:45
19:00		1500m (Pacemaker in all heats)	19:00
19:30	1500m (Pacemaker in all heats)		19:30
20:15	5000m (licence-free)		20:15
20:40		5000m mixed (licence-free)	20:40

Heat distribution: The first heat will be the heat with the fastest athletes.

***Throws:** All age-groups, each throwing with the official weights for the respective category.