

1. Thalwiler Mehrkampfmeeting

Important information for the competition

1. General Information

1.1. Date

01. and 02. July 2023

1.2. Location

Sportanlage Brand, Bodenstrasse 15, 8800 Thalwil

1.3. Enforcement

The competition will proceed regardless of the weather.

1.4. Insurance

Insurance is the responsibility of the athletes.

1.5. Entry Fee

The entry fee must be paid upon collecting the start numbers at the entrance.

Category	Competition	Entry Fee
U12M/W	4-way	CHF 25.00
U14M/W	Pentathlon	CHF 30.00
U16W	Pentathlon	CHF 30.00
U16M	6-way	CHF 35.00
U18W	Heptathlon	CHF 40.00
U18M	Decathlon	CHF 45.00
U20W	Heptathlon	CHF 40.00
U20M	Decathlon	CHF 45.00
WOM	Heptathlon	CHF 40.00
MAN	Decathlon	CHF 45.00
MAN/WOM	Throwing Comp.	CHF 25.00
MAN/WOM	Hour Comp.	CHF 30.00

1.6. Food

There will be a food and drinks stand at the competition.

1.7. Accommodation

The following hotels are located near Thalwil or have a good public transport connection to the track.

Jugendherberge Zürich

<https://www.youthhostel.ch/de/hostels/zurich>

Meininger Hotel Zürich Greencity

<https://www.meininger-hotels.com/en/hotels/zurich/hotel-zurich-greencity/>

Ibis Zurich Adliswil

<https://all.accor.com/hotel/1989/index.de.shtml>

Hotel Belvoir Rüschlikon

<http://www.hotel-belvoir.ch/>

Hotel Sedartis Thalwil

<https://www.sedartis.ch/>

1.8. Arrival

If you are arriving from the airport, we recommend taking the train S2/S24/IR75 or IC5 from the airport directly to Thalwil. You can buy the train tickets at ticket machines in the airport near the train station.



From Thalwil you then catch the bus 140 or 240. The bus 140 departs from the bus stop “Thalwil Zentrum”. Get out at the stop “Gattikon, Gattikerhöhe”. The bus 140 comes every 30min at 13’ and 43’.

The bus 240 departs from the bus stop “Thalwil Bahnhof”. Also get out at the stop “Gattikon, Gattikerhöhe”. The bus 240 comes every hour at 04’.

From the bus stop it is a 5 minute walk to the track. There is a sign “Sportanlagen” which gives the direction. See the map for details.

Alternatively, you could take a Taxi from the airport. However, a Taxi to Thalwil will cost around 100Fr.

1.9. Parking

There is only a limited amount of parking nearby. We recommend arriving by public transport.

1.10. Changing rooms

There are changing rooms with showers for men and women at the athletics track.

2. Information for Athletes

2.1. Start Numbers & Entry Fee

The start numbers must be collected at least 60min before the start of the competition. By collecting your start number, you are automatically registered as present.

The start number must be attached unfolded on your chest (exception: High jump and pole vault. There you are allowed to attach it on your chest or back) You will only receive one start number for the whole competition.

You will have to pay the entry fee when you collect your starting number at the entrance. Valid payment methods are cash (CHF), credit- or debit cards.

2.2. Clothing Regulations

The athletes must wear their official club/sponsor clothing. If the clothing somehow gets damaged, you are allowed to use a neutral replacement without any kind of inscription. The award ceremony is part of the competition.

2.3. Coaching Zones

There are coaching zones on the track, which may only be used by people, who are coaching athletes.

2.4. Start of the Competition

Athletes must be present on the track at least 20min before the start of their competition.

2.5. Preparation Time

1 minute for all athletes according to IWR.

2.6. Number of Attempts in the Technical Disciplines

All participants have 3 attempts. Exception: High jump and pole vault have 3 attempts per height (according to WO) for all athletes U18 – active. In Shotput, all attempts will be measured. In discus and javelin, the furthest attempts will be marked and measured at the end.

2.7. The Use of own Equipment

You are allowed to bring the following: Pole vault poles, discus, shot put balls and javelins. All equipment must be shown at the checkpoint for inspection before the start of the competition. You may only use equipment that has been marked by the organizer.

We will provide shot put balls, javelins, and discus.

2.8. Award Ceremony

The award ceremony will take place about 30min after the end of the competition in question. The 3 Best will receive a small prize.

3. Technical Information

3.1. High Jump Heights

WOM: up to 1.50m every 5cm, then 3cm

MAN: up to 1.80m every 5cm, then 3cm

These height steps count for all age groups.

3.2. Pole Vault Heights

MAN: up to 4.60m every 20cm, then 10cm

3.3. Weights

WOM: shot put 4kg, javelin 600g

WU20: shot put 4kg, javelin 600g

WU18: shot put 3kg, javelin 500g

WU16: shot put 3kg

WU14: shot put 3kg

WU12: shot put 2.5kg

MAN: shot put 7.26kg, discus 2kg, javelin 800g

MU20: shot put 6kg, discus 1.75kg, javelin 800g

MU18: shot put 5kg, discus 1.5kg, javelin 700g

MU16: shot put 4kg, discus 1kg

MU14: shot put 3kg

MU12: shot put 2.5kg