

Closing date:  
Feb 28th, 2017



www.jedermann-zehnkampf.de

Sportforum Hohenschönhausen, D - 13053 Berlin, Steffenstr.

## 21st BERLIN INTERNATIONAL INDOOR-HEPTATHLON - Sa/Su March 18/19, 2017 incl. PENTATHLON WOMEN

open for registered athletes and everybody aged 14 and older

Inscription exclusively online on [jedermann-zehnkampf.de](http://jedermann-zehnkampf.de)

### Indoor-Hepta.

Categories: M/W  
3 age classes each;  
Single, Pair (mixed),  
„Devided by Three“,  
Team (4 athletes)  
and „Profis“

### Who can compete?

Everybody, who has reached the age of 14 years, is welcome. There are special ratings for **mixed couples** (male/female) and for **teams** (3-4, may be mixed). In teams the scoring of the best 3 athletes is rated.

The first 168 competitors, who signed in and transferred their inscription fee, will be assigned to 6 groups of 28 competitors (max.) each. Athletes, who register later, will be set on a waiting list.

### Indoor-Penta.

Categories: W  
Girls  
Women  
Masters

### Entry fees

Single € 30,- Couple € 55,- Db3 = € 40,- Team = 4 Athletes € 100,- (young athletes € 80)  
Pentathlon € 23,-

Payment together with **Online-Accreditation** on the website of our partner Race-Result.

The fees include certificat, result list, support during competition and drinks; Event-t-shirt can be ordered separately. Cup for the first 3 of each category.

### Offers of training / preparation

Our club LG NORD Berlin offers a preparation for that competition during the last 3 months. For information please contact us

■ **LG NORD BERLIN / SC Tegeler Forst e.V.**  
Fon +49-30 - 404 79 54 (Thomas)  
Mail [rohni@online.de](mailto:rohni@online.de)

### General informations:

For **competitive athletes** the heptathlon will be executed according to the regulations of IAAF.

For „**recreational sportsmen/-women**“ competition rules are made easier, so that untrained but rather athletic people can finish this competition successfully:

- In comparison to classic decathlon or heptathlon the entry level in high jump and pole vault is reduced significantly.
- For beginners we offer an introduction in pole vault technic on weekends before competition. On saturday after finishing competitions there can also be a short introduction in pole vault technics. With this information and practice most beginners (men and women) are able to achieve performances between 1,5m and 2,0m. Beginners will be helped actively during their first competition jumps.
- The **hight of hurdles** will be: **women 76cm - men 91cm**, distance always 9,14m.

Competition implements are provided by organizer. Electronical time mesurement!

For more information call +49-30 - 404 79 54 or ... - 40 50 85 82 or have a look on our websites [www.jedermann-zehnkampf.de](http://www.jedermann-zehnkampf.de) and [www.lgnord.de](http://www.lgnord.de)



60m  
Longjump  
Shot Put  
Highjump



60m Hurdles  
Pole Vault  
1000m  
(Pentathlon 800m)