



COMPETITION REGLEMENTATION

For the 14th edition of the indoor World Ultra multi event the main events will be :

3 main events :

- A feminine and masculine tetradeathlon (14 events in 2 days)
- A feminine and masculine 400m hurdles
- A feminine and masculine Triathlon Handisports

The 2 events added :

- A masculine Pole Vault compétition, national level
- A feminine and masculine Shot put competition, regional level

Tetradeathlon	
<i>Day 1</i>	<i>Day 2</i>
60m	60m Haies
Long Jump	Pole Vault
800m	1500m
Shot put	Heavy Hammer Throw
400m	200m
High Jump	Triple jump
3000m	5000m

Registrations :

Registration fees		
<i>Events</i>	<i>Price</i>	<i>Specificities</i>
Tetradecathlon (26 and 27 Marche)	80€	Maximum 120 Participants
400m Hurdles (25 and 26 March)	Free	On selection
Triathlon Handisport (60m, Long jump, Shot Put)	Free	Inscription for the Triathlon or on the individual events
National Pole Vault Meeting (Men) (26 March)	Free	By Invitation (Standards at 4,80m) / Maximum 12 Athletes
Regional Shot Put Meeting (27 March)	Free	Maximum 15 Athletes

The inscription pack for the Tetradecathlon include : 1 T-Shirt of the event and for Tetradecathlon, 2 complet meals (Saturday night and Sunday night)

Specific Regulation of Ultra MultiEvents :

- The high of hurdles and weight for throwing will be based with age on the IAUM table.
- It will be 3 tries maximum for throwing event and horizontal jumps (Long jump, triple jump)
- Athletes will have 6 jumps maximum for vertical jumes (High jump, Pole vault). The contes twill end no matter the result of the 6th jump.
- Point table is the one from Combined Events. This table is adapted regarding age of. (See application « Ultra CE Calculator »)
- Non-participation or unfished event will make the athlete forfeit for the end of competition.
A no mark on an event will not cause a forfeit and the athlete wan continue the competition

- A forfeit on the main event (Tetradectahlon) will cancel any record realized on an individual event

Regulation of the other event

- World 4H Indoor : 5 heats of 5 participants on Friday (1 Q per heat + 1 best time for the final on Saturday
- 2 regional heats before the world championships

Rewards :

<i>Events</i>	<i>Gratification</i>	<i>Bonus</i>
Tetradecathlon	World and French Podium	Best Performance Trophy For each event / Medal for the finishers
400m Hurdles	World Podium	/
Triathlon Handisport (60m, Long jump, Shot Put)	Podium per Event Podium for Triathlon	Medal for the finishers of the triathlon
National Pole Vault Meeting	Podium	/
Regional Shot Put Meeting	Podium	/