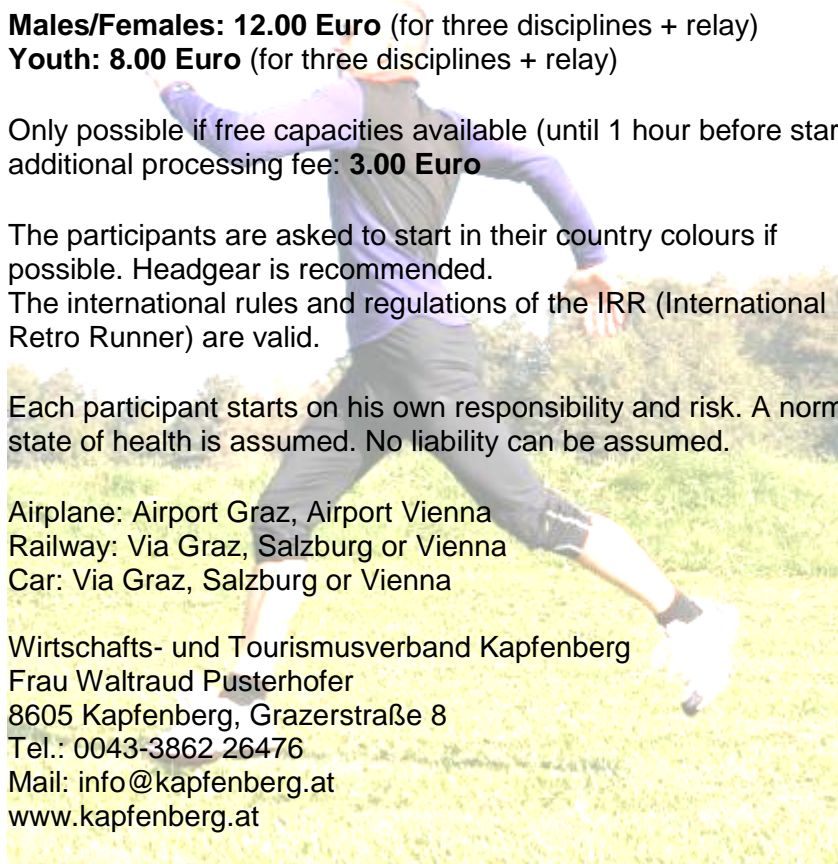




### 3. IRR retro running world championship

- Date:** August 7<sup>th</sup> – 8<sup>th</sup> 2010
- Organiser:** International-Retro-Runner (IRR)
- Organisation:** Sports City Kapfenberg, Styrian Athletics Association and Kapfenberger Sports Association - Athletics
- Place of competition:** **Kapfenberg** (Franz-Fekete-Stadion), Styria, Austria
- Valuation classes:** **Youth** born in year 1992 and younger  
**Adults** born in year 1991 till 1966  
**Seniors** born in year 1965 and older
- Disciplines:** 100 m, 200 m, 400 m, 800 m, 1.500 m, 3.000 m, 5.000 m and 10.000 m, 4 x 100 m and 4 x 400 relay  
**Youth:** 100 m, 200 m, 400m, 4 x 100 m und 4 x 400 m
- Information:** [www.retrorunning.org](http://www.retrorunning.org), [www.stvl.at](http://www.stvl.at), [www.kapfenberg.at](http://www.kapfenberg.at)
- Registration:** [office@timelessvision.at](mailto:office@timelessvision.at) or [roland.wegner@maxi-bayern.de](mailto:roland.wegner@maxi-bayern.de)
- Registration Deadline:** Saturday, 1<sup>st</sup> August 2010
- Entry fee:** **Males/Females: 12.00 Euro** (for three disciplines + relay)  
**Youth: 8.00 Euro** (for three disciplines + relay)
- Later registration:** Only possible if free capacities available (until 1 hour before start)  
additional processing fee: **3.00 Euro**
- Jersey/Rules:** The participants are asked to start in their country colours if possible. Headgear is recommended.  
The international rules and regulations of the IRR (International Retro Runner) are valid.
- Liability:** Each participant starts on his own responsibility and risk. A normal state of health is assumed. No liability can be assumed.
- Arrival:** Airplane: Airport Graz, Airport Vienna  
Railway: Via Graz, Salzburg or Vienna  
Car: Via Graz, Salzburg or Vienna
- Accommodation:** Wirtschafts- und Tourismusverband Kapfenberg  
Frau Waltraud Pusterhofer  
8605 Kapfenberg, Grazerstraße 8  
Tel.: 0043-3862 26476  
Mail: [info@kapfenberg.at](mailto:info@kapfenberg.at)  
[www.kapfenberg.at](http://www.kapfenberg.at)



## Schedule

### Saturday, 7<sup>th</sup> August 2010

15.00 o'clock opening ceremony

Time	Youth female	Youth male	Females and Female seniors	Males and Male seniors
15.00	First runnings 100 m			
16.00	100 m Finale			
16.05		100 m Finale		
16.15			100 m Finale	
16.20				100 m Finale
16.30			800 m Finale	
16.40				800 m Finale
17.00			5.000 m Finale	5.000 m Finale
	Award ceremonies 100 m and 800 m			
18.15	200 m Finale			
18.20		200 m Finale		
18.30			200 m Finale	
18.35				200 m Finale
18.50	4 x 400 m Finale		4 x 400 m Finale	
19.10		4 x 400 m Finale		4 x 400 m Finale
	Award ceremonies 5.000 m, 200 m and 4 x 400 m			

Afterwards: IRR-general assembly (reelections)

### Sunday, 8<sup>th</sup> August 2010

Time	Youth female	Youth male	Females and Female seniors	Males and Male seniors
09.00			10.000 m Finale	10.000 m Finale
10.30	4 x 100 m Finale		4 x 100 m Finale	
10.40		4 x 100 m Finale		4 x 100 m Finale
11.00			1.500 m Finale	
11.15				1.500 m Finale
	Award ceremonies 10.000 m und 4 x 100 m			
12.00			3.000 m Finale	3.000 m Finale
12.40	400 m Finale			
12.45		400 m Finale		
12.50			400 m Finale	
13.55				400 m Finale
	Award ceremonies 1.500 m, 3.000 m, 400 m and Final ceremony			

Subject to changes!