

Meeting INFO

Copenhagen Open 2025

Club envelope and bib numbers

- All foreign clubs must contact Café Copenhagen Open at the 100m start and pay the entry fee. Only common international credit cards can be used. An envelope with bib numbers will then be handed over. You are not able to compete without wearing a bib number!
- In all races the number is worn on the chest. In jumping and throwing, it is optional in terms of placement on the front/back.
- The bib numbers must not be folded, bent or otherwise made smaller.

Implement control

- Implement control takes place to the left of the LOC on top of the stands.
- Implement control can take place every day starting 1 hour before the start of the meeting and must be completed 1 hour before the start of practice.

Confirmation

- All athletes has to confirm there participation in all their events. You can visit the web-page iMars.dk or scan the QR code below. Push "Afkryds" in the blue/green box.



- **The confirmation opens 24 hours before the start of each event and must be done no later than 60 minutes before the start of the event** - if you don't confirm your start, you will NOT be able to compete in that event!
- You do not have to confirm your participation in any track finals. If you do not wish to participate in the finals, please notify the LOC at the top of the stands.
- Final seeding takes place after the deadline for confirmation. Starting lists will be available as soon as possible thereafter on iMARS.dk

Seeding in general

- All seeding is based on this year's best result. However, rules of the Danish Athletic Federation allow the organizers to deviate from this in special cases based on a subjective sporting assessment - and it will happen!

In case of a consistent headwind the running direction will shift

- At 100 and 200 meters there will be a continuous control of the wind. If it consistently changes to a headwind, then we will run the opposite way, so we try to run 100 and 200m with a tail wind. If that happens, then 100m will continue to be run in front of the grandstand. Remember all adults 100m runners are guaranteed 2 races, so everyone gets to run the 100m final!

General for athletes up to the age of 9 years

- There will be no finals for children's up to the age of 9 years. Everyone will receive a medal after the last events. There will be 3 attempts for everyone in the long jump and the ball throw.

Seeding and lane distribution sprint/hurdle

- In all preliminary races, the runners are distributed to the individual heats via a zig-zag pattern, while for all finals lots are drawn for the 4 middle lanes for the 4 highest seeded runners, while lots are similarly drawn for the outer lanes. World Athletics rules are followed.

60m, 80m, 100m youth classes

- A final will be run in all 60m, 80m and 100m sprint and hurdles in case of a preliminary round with more than 8 athletes. The 8 athletes for the final will be identified according to the following rules:
 - In case of 2 preliminary heats, the 3 first in each heat will qualify for the final, and additional the 2 fastest times among the remaining athletes will qualify for the final.
 - In case of 3 preliminary heats, the 2 first in each heat will qualify for the final, and additional the 2 fastest times among the remaining athletes will qualify for the final.
 - In case of 4 preliminary heats, the first in each heat will qualify for the final, and additional the 4 fastest times among the remaining athletes will qualify for the final.

100 meter Adults

- There will be 2 races for everyone at 100 meters in the adult classes!
- To avoid semi-finals and thus 3 races, the 24 highest ranked runners will be placed in the last 3 preliminary heats. The first two in each of these 3 heats will qualify for the A final. Additionally, the 2 fastest times across all preliminary heats will also qualify for the A final. The 9-16th fastest times qualify for the B-final, the 17-24th fastest times for the C-final etc. Medals can only be won from the A-final in the 100m.

200m, 300m and 400m incl. hurdles

- There are direct finals (A/B/C etc. finals) based on this year's ranking. All finals are filled up, however, in a way that leaves minimum 3 athletes in the lowest-ranked final. The A final is always run last. It will always be the times across the finals that determine the final positions, and thus also who will receive medals.

Specifications hurdle races

A – Running distance B – Age group C – Hurdle high
D – Number of hurdles E – Distance 1st hurdle F – Distance btw hurdles
G – Distance last hurdle to finish line

A	B	C	D	E	F	G
60m	G11-B11	68,6	6	11,75	7,65	10,00
60m	G12-G13	76,2	6	11,75	7,65	10,00
80m	B12-B13-G15	76,2	8	12,00	8,00	12,00
100m	G17	76,2	10	13,00	8,50	10,50
100m	B15-G19-W	83,8	10	13,00	8,50	10,50
110m	B17	91,4	10	13,72	9,14	14,02
110m	B19	99,1	10	13,72	9,14	14,02
110m	M	106,7	10	13,72	9,14	14,02

Seeding 800m to 3.000m

- There are direct finals (A/B/C etc. finals) based on this year's ranking. The A final is always run last.
For **800m adult men** the 12 fastest athletes will race in the A final. The remaining athletes will run in the B-final.
For **800m adult women and youth** all athletes run in the A final.
In the **1.000m, 1.500m and 3000m** there will only be one heat.

It may come into question to combine several heats, also across genders.

Seeding jumping and throwing

- In all **jumps and shot put** there is an arbitrary jump/throw order, however in triple jump depending on board selection.
- In **discus, hammer and javelin**, the starting order will be seeded with the best seeded athlete starting last. This is done solely to ensure a faster settlement.
- In the **horizontal jumps and throw** there will be 3 attempts for everyone, after which the 8 best placed in each age group will get another 3 attempts. There is no reseeding after the 3rd round, as it is not a championship.

Specifikation Throw

Group	Shot	Discus	Hammer	Javelin	Ball
M	7,260	2,000	7,260 (121,5)	800	
B19	6,000	1,750	6,000 (121,5)	800	
B17	5,000	1,500	5,000 (120,0)	700	
B15	4,000	1,000	4,000 (119,5)	600	
B12+B13	3,000			400	
B10+B11	2,000			400	
D8+B9					145

Gruppe	Kugle	Diskos	Hammer	Spyd	Bold
W	4,000	1,000	4,000 (119,5)	600	
G15+G17	3,000	1,000	3,000 (119,5)	500	
G12+G13	2,000		2,000 (119,5)	400	
G10+G11	2,000			400	
G8+G9					145

Time schedule and overlapping events

- The time schedule has been made so that there is no overlap between events where we know that there is a natural coincidence of athletes, but this will still happen for a few versatile athletes.
- During the warmup trials, you must let the Event Judge be aware that you have overlapping events, and express what you want in terms of several attempts shortly after each other, etc.
- **Running has always priority! If you do not show up in due time for your race, the race will start and you will lose the right to run.**
- For the technical events, the guidelines are:
 - In pole vault or high jump, you can get several attempts in a row, but as soon as the crossbar is raised to a new height, it will not be lowered again.
 - In the horizontal jumps and throws, you can have several attempts relatively quickly in the 3 preliminary rounds. If you are not back before the last attempt in the third round is taken, you lose the right to the attempt you have missed. In the fourth and fifth rounds, you can get your attempt earlier or later in the round if you are at a different event, but you cannot get 2 attempts in the same round. In the last round, the starting order must be followed.

Warm up

- There must be no trial warming up inside the stadium!
- It is possible to warm up on the football field at the school on the opposite side of the road outside the stadium grandstand (see stadium overview). **Warming up is NOT allowed on the football pitches with the exit at the throwing cage!**
- It is possible to warm up in the indoor athletics hall behind the first curve.

Callroom

- There will be no callroom at Copenhagen Open!

Warming up at the competition area

- Since there is no call room, you show up at the competition venue yourself.
- In races, there is a free warm-up for one's event until the starter blows the whistle ready to start.
- In all jumps and throws, there will be a free warm-up from the moment the previous competition is over until the start time.
- In pole vault and high jump, officials will be ready to help set up the bar at desired jump heights.

Competitions

All races:

- When the starter blows his whistle "ready to start", you must put away your clothes and bag in one of the baskets that have been set up, and put it on the electric car yourself, which will drive your things down to the yellow exit after the finish line, and place it just outside the railing in the mixed zone, where you can pick it up.
- **When you have crossed the finish line, the Finish Judge will name the potential medal winners, and you are asked to wait to go out until the Finish Judge has received the results.**
- From here you go directly to the prize ceremony area, which is just outside the mixed zone, where the medals will be awarded immediately almost instantly.

800 meter

- Runners shall stay in their dedicated lane until they have passed the small cones after the first bend, after which they must run into the inner lane when they have passed the curved line (marked with small cones).

Long jump and triple jump

- The A-sandpit for horizontal jumps is the one along the stands with tailwind for the athletes. The B-sandpit is the one in the opposite direction.
- The chosen sandpit is decided by the event leader app. 1 hour before the start of the event and announced via the stadium announcer.
- Long jumps are made from a 1 meter board. In the triple jump, it is possible to jump from a 7m, 9m, 11m or 13m board.
- To provide a smooth execution, all triple jumpers using the same board will jump before switching to another board.
- You can max. change jumping board once during the competition.
- There are 3 attempts for all athletes, and the best 8 in each age group then get 3 final attempts. For youth up to 9 years there will be 3 attempts only for everyone.
- In the high jump, jumps are made at 5 cm intervals until there are 5 jumpers left in the whole group (even if several groups are grouped together), and from here the jump height is increased by 3 cm. Heights ending in 1 or 6 are jumped, e.g. 1.51m and 1.56m. When there is 1 jumper left, that person is free to choose a height.
- In pole vaulting, jumps are made at 10 cm intervals. Heights that end in 1 are jumped, e.g. 2.51m or 4.61m. When there is 1 jumper left, that person is free to choose a height.
- There is no jump-off for 1st place.

All throwing events

- There will be 3 attempts for everyone, and the best 8 then get 3 final attempts. There is no reseeding. . For youth up to 9 years there will be 3 attempts only for everyone.
- It is possible to use the implements that the organizer and the throwers themselves have with them both for warm-up and during the competition.

Coaches & spectators

- Coaches and spectators are very welcome but have no access to the competition site or mixed zone at the finish line, where the athletes leave the

competition site.

Protests and prize ceremony

- There will be a prize ceremony immediately following the end of all events.
- Medals:
 - For all athletes in age group 8 and 9.
 - For the 6 best athletes in age group 10 and 11.
 - For the best 3 in age group 12 and older.
- If you are considering filling in a protest, you must therefore first contact the event leader, so that the prize ceremony can be postponed.
- If you are not satisfied with the event leader's decision, you must contact the competition director with reference to which rules have been violated. The competition director makes the final decision.
- If a protest is announced in an event, the organizer may not award medals until the meeting director has completed processing the protest. However, this does not apply if the protest does not affect the first 3 positions.
- Athletes are expected to appear in their competition uniform for the award ceremony

Results

- All Team Lists and Results and are available at iMars.dk
- There will be LIVE updates from the various competition locations.

Samaritans

- If someone gets injured, please go to the Samaritans, who will be on the other side of the fence/hedge at the prize ceremony.

Café CphOpen

- App 1 hour before the start of the meeting, it will be possible to buy freshly brewed coffee, water, soda, sandwiches, cake etc. on both days.
- You will find Café CphOpen at the start of the 100m.
- We do not accept cash, but it is possible to pay with the usual credit cards. All prizes are in Danish Currency.



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