



Danish Masters Open

25.-27. August 2023



Ballerup Atletik Klub og Dansk Atletik inviterer hermed til Danske Mesterskaber for Masters.

Ballerup Atletik Klub and Dansk Atletik hereby invite you to the Danish Championships for Masters.

Foreign participants are welcome to participate in the championships outside the competition. Foreign participants cannot take places from Danes in finals.

Venue: Ballerup Athletics Stadium, Marbækvej 10, 2750 Ballerup

Exercises

Friday 25.8 - start at 18:00	Saturday 26.8- start at 12:00	Sunday 27.8 - start at 10:00
10,000 m M / F (there is no team competition in this race)	100 m, 400 m, 1,500 m, obstacle course, short hurdles, pole vault, long jump, javelin, hammer throw, weight throw, 3,000 m race and 1,000 m relay	200 m, 800 m, 5,000 m, long hurdles, high jump, 3-jump, discus throw, and shot put

Schedule: Preliminary schedule is published on our website www.ballerup-ak.dk. The final schedule will be published on August 17th on the website.

Registration: The registration must be done by your club and the registration sheet on the website must be used. Entries must contain information about year of birth, age group, exercises, best of the year, club and contact person who is responsible for paying the entry fee. Registration must be sent no later than 7 August 2021 to Ulrich Engmark e-mail: uengmark@gmail.com

Start fee: DKK 150 per exercise (21 euros), Relay team DKK 200 per team (27 euros). Foreign participants pay an entry fee to the secretariat upon arrival at the stadium. Those who do not send in the overall club registration must pay in reg. 2279 - 3061 718 671 (Nordea) and receipt must be presented on the day when you arrive. Otherwise no start.

Post-registration: Up to 72 hours before Tuesday August 22th at 18:00 - against 2x starting money.

Communal dining on Saturday: Communal dining will be arranged in *Fridrætten* (right by the stadium), Saturday after the competition, on a first-come, first-served basis. The price for masters is DKK 200 (27 euros) for buffet with 3 different meats with potatoes and different salads and dessert. If you are vegetarians, we can do it too.

You can buy drinks, beer-wine and sodas for the food. - Detailed information comes on the website.

Sleepover:

Zleep Hotel Ballerup, Marbaekvej 6, Ballerup, DK-2750, Denmark

<https://www.zleep.com/da/hotel/ballerup/>

Hotel Laurup Park, Borupvang 2 2750 Ballerup - <https://lauruppark.dk/>

Contact the Master Committee: Knud Høyer, tel. +45 20864630, email knudhoeyer@gmail.com