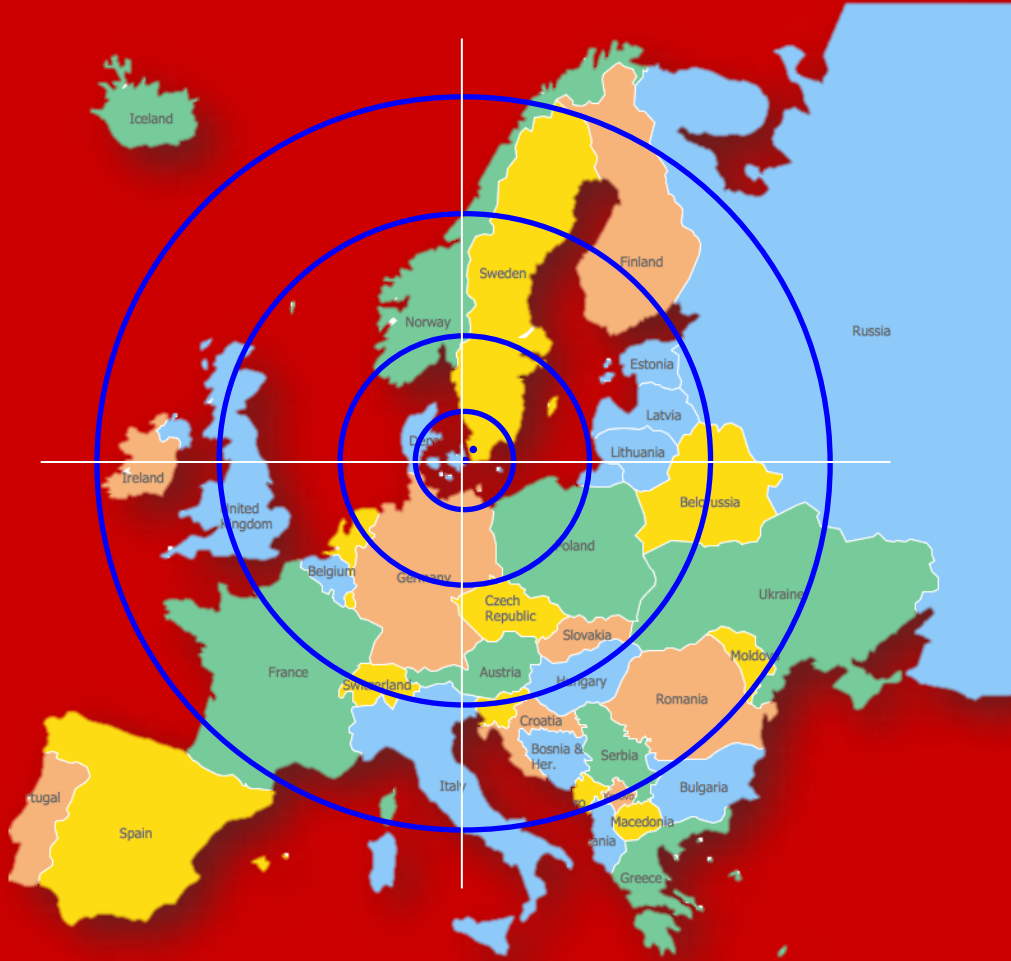


# Copenhagen Open

Denmarks biggest international athletics meeting  
More than 2.600 starters from 8 countries in 2018



COPENHAGEN OPEN  
8-9th june 2019



Fastest running tracks in Denmark!  
234 running, jumping & throwing events



Sponsors Copenhagen Open 2019

[www.CopenhagenOpen.net](http://www.CopenhagenOpen.net)

Hvidovre AM are proud to welcome you to our new stadium (2018) with the fastest lanes in Denmark in the short sprint, the 7<sup>th</sup> edition of

# Copenhagen Open 2019

Come and be part of the international atmosphere! We are aiming for 2,500 starts during the weekend with many clubs from primarily Denmark and Sweden.

<b>REGISTRATION</b>	No later than Sunday 27 <sup>th</sup> May by using the special Excel entry form at the meeting website.
<b>ENTRY FEES</b>	50 DKR/event for children up to age 7 years (YOB 2012+, free 3-athlon) - 70 DKR/event in the age group 8-15 years (YOB 03-11) – 85 DKR/event from 16 years and older (YOB -03). All entries must be paid on place in Danish currency.
<b>LATE ENTRY</b>	If possible and only by paying double entry fee .
<b>SIZE</b>	There will in 2019 be a limit of 3,000 starts.
<b>TRANSPORTATION</b>	The venue is close to the Copenhagen Airport and the Copenhagen Central Station – see more details on the website.
<b>ACCOMODATION</b>	There will be several possibilities from low-budget accommodation at the school opposite the stadium to hostels, campsites and hotels – see more details on the website.
<b>FOOD &amp; BEVERAGE</b>	You can pre-book healthy breakfast, lunch and dinner. There will also be an opportunity to buy different foods and beverages in the stadium.
<b>PRIZES</b>	-7 years (YOB 20012+): Medals for all, no ranking prizes. 8-11 years (08-12): Prizes for the first 6 in all events. 12+ years (-07): Prizes for the first 3 in all events. There will be prizes drawn random from the starting numbers.
<b>MERCHANDISE</b>	Global Sport will come and sell athletic equipment.
<b>ACTION EVENTS</b>	Saturday and Sunday there will be arranged various action activities for the youngsters.
<b>CAFÉ CPH OPEN</b>	Socialize, relax, network, have some food, coffee, water, snack etc. Visit the Café at the starting line.

More information will continuously be available on our website

[www.CopenhagenOpen.net](http://www.CopenhagenOpen.net)

## Saturday

## Events

## Sunday

100m – 400m – 1.500m – 100/110m Hurdles – High Jump W – Pole Vault – Long Jump M – Triple Jump W – Shot Put W – Discus W – Hammer M – Javelin M – 4x100m	<b>Men &amp; Women</b>	200m – 800m – 3.000m – 400m Hurdles – High Jump M – Long Jump W – Triple Jump M – Shot Put M – Discus M – Hammer W – Javelin W
100m – 400m – 100m/110m Hurdles – High Jump G – Long Jump B – Shot Put G – Discus G – Hammer B – Javelin B – 4x100m	<b>18-19 Years (YOB 2000-2001)</b>	200m – 800m – 3.000m – 400m Hurdles – High Jump B – Long Jump G – Shot Put B – Discus B – Hammer G – Javelin G
100m – 400m – 800m – 100m/110m Hurdles – High Jump G – Long Jump B – Shot Put G – Discus G – Hammer B – Javelin B – 4x100m	<b>16-17 Years (2002-2003)</b>	200m – 3.000m – 400m Hurdles – High Jump B – Long Jump G – Shot Put B – Discus B – Hammer G – Javelin G
100m – 300m – 800m – 80/100m Hurdles – High Jump G – Pole Vault – Long Jump B – Triple Jump G – Shot Put G – Discus G – Hammer B – Javelin B – 4x100m	<b>14-15 Years (2004-2005)</b>	200m – 400m – 3.000m – 300m Hurdles – High Jump B – Long Jump P – Triple Jump B – Shot Put B – Discus B – Hammer G – Javelin G
80m – 200m – 600m – 60/80m Hurdles – High Jump G – Long Jump B – Triple Jump G – Shot Put G – Discus G – Hammer B – Javelin B – 4x80m	<b>12-13 Years (2006-2007)</b>	100m – 400m – 1.500m – High Jump B – Long Jump G – Triple Jump B – Shot Put B – Discus B – Hammer G – Javelin G
80m – 200m – 60/80m Hurdles – High Jump G – Long Jump B – Shot Put G	<b>12 Years (2007)</b>	100m – 400m – High Jump B – Long Jump G – Shot Put B
60m – 200m – 600m – 60m Hurdles – High Jump G – Long Jump B – Shot Put G – Javelin Throw B – 4x60m	<b>10-11 Years (2008-09)</b>	100m – 400m – 1.000m – High Jump B – Long Jump G – Shot Put B – Javelin Throw G
60m – 200m – Long Jump B – Shot Put G	<b>10 Years (2009)</b>	100m – 400m – Long Jump G – Shot Put B
40m – 200m – 600m – High Jump G – Long Jump B – Shot Put G – Ball Throw B – 4x40m	<b>8-9 Years (2020-12)</b>	60m – 400m – High Jump B – Long Jump G – Shot Put B – Ball Throw G
	<b>6-7 Years (2013+)</b>	40m – Long Jump – Ball Throw – 3-athlon (40m-LJ-BT)

You can easily compete in a older age group if you want to!

## PRIMETIME + 2 100m races for all

Again this year there will be primetime for the youngest in the morning and for the adults events in the afternoon!

Everyone is guaranteed 2 100m races with preliminary and finals!