UIPM LASER RUN DISTANCIAS INDIVIDUAL 2018

Under 11 2x400 800m 2x5 hits 5m (2 hands optional)

Under 13 3x400 1200m 3x5 hits 5m

Under 15 4x400 1600m 4x5 hits 7m

Under 17 4x400 1600m 4x5 hits 10m

Under 19 4x800 3200m 4x5 hits 10m

Juniors (19-21 years)4x800 3200m 4x5 hits 10m

Seniors (22-39 years) 4x800 3200m 4x5 hits 10m

Master 40+ 4x400 1600m 4x5 hits 10m

Master 50+ 3x400 1200m 3x5 hits 7m

Master 60+ 3x400 1200m 3x5 hits 7m

MIXTOS

Under 11 2x400 800m 2x5 hits5m (2 hands optional)

Under 13 2x400 800m 2x5 hits 5m

Under 15 2x400 800m 2x5 hits 7m

Under 17 2x400 800m 2x5 hits 10m

Under 19 2x800 1600m 2x5 hits 10m

Juniors (19-21 years)2x800 1600m 2x5 hits 10m

Seniors(22-39 years) 2x800 1600m 2x5 hits 10m

Master 40+ 2x400 800m 2x5 hits 10m

Master 50+ 2x400 800m 2x5 hits 7m

Master 60+ 2x400 800m 2x5 hits 7m