



SWISSLOS
+ **SPORT-TOTO**
Für einen starken Schweizer Sport!



Organizer: STV Lachen in collaboration with the Athletics Association of Schwyz



INTERNATIONAL ONE-HOUR-DECATHLON



Saturday 17 September 2011
Stadium Seefeld
CH-8853 Lachen

One-Hour-Decathlon

It is the Olympic order. The start of the 1500m run must be at least 60 minutes after beginning of the competition. To join the competition for Swiss athletes is a license needed.

45-Minutes-Hepathlon

It is the Olympic order. The start of the 900m run must be at least 45 minutes after beginning of the competition. To join the competition for Swiss athletes is a license needed.

One-Hour-Decathlon / 45-Minutes-Hepathlon for teams

3 athletes have to absolve 2 / 3 disciplines each. At the end of the competition, the team have to run 800/1500m in American Way. Every single athlete must run at least one section of the whole distance. Competition time: 45/60 minutes from start 100m until finally run about 800/1500m American. For teams is no license needed. Teams are open for the categories women and men.

More information and possibility to register under www.tvlachen.ch.

