

Competition info for athletes

Welcome to the first edition of Täby Stavhoppsgala, a pole vault street event at Täby torg. This competition is organized by Täby IS Track & Field Association together with Bauhausgalan.

Start lists

Start lists can be found on our website www.tabystavgala.se/startlistor.

Number bibs

The number bib can be collected at the end of the runway from 90 minutes before start and it is your ticket into the competition area. The number bib must be worn on the back throughout the competition. The advertising MUST not be folded!

Entrance

Entrance for participants will be at the end of the runway. A collected number bib is the ticket into the area. Coaches and audience will have to stay outside of the fence.

Changing rooms

To avoid the risk of infection we recommend you to shower in the hotel or at home. There will be changing rooms open at the nearby athletics arena [Tibblevallen](#) if you need to change clothes for some reason.

Toilets

Toilets can be found in the shopping mall next to the competition area. The closest ones are located just inside the entrance next to Burger King. There are also toilets in the changing rooms at the athletics arena.

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Warm-up

Can be done at the nearby athletics arena [Tibblevallen](#) before the competition starts.

Calling

Will be at the end of the runway 50 minutes before the competition starts. After calling there will be some time for warm-up jumps. At the planned starting time there will be presentation of all the competing participants.

Height progression

Men's A-final: 470, 490, 510, 520, 530, 540, 550, 560, 565, + 5cm

Women's A-final: 350, 370, 390, 400, 410, 420, 430, 440, 450, 460, 465, + 5cm

Men's B-final: 440, + 10cm

Men's C-final/P17: 380, + 10cm

Women's B-final/F17: 300, + 10cm

P/F15: 260, + 10cm

Results

Will appear on the competition website www.tabystavgala.se.

Price ceremony

Will be right after completed competition. Winning price in the A-finals are a place in the pole vault competition at Sunday's Bauhausgalan and Diamond League.

Covid-19

In all possible situations, it is important that you keep your distance as much as is possible. Apart from when it is not possible during an event, the 2-meter rule should apply. Avoid hugging, shaking hands, etc. Be especially careful with hygiene:

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- Wash your hands frequently with soap and hot water
- Use hand sanitizer if soap and hot water are not available

If you feel any symptoms which may indicate covid-19, do not come to the competition and contact us to report your absence.

Before you go to the arena, you should do a self-assessment of your health. Common symptoms of covid 19 are:

- Fever
- Dry cough
- Fatigue
- Muscle or joint pain (not, for example, exercise stiffness)
- Sore throat
- Diarrhea
- Eye inflammation
- Headache
- Impaired sense of smell and taste
- Skin problems such as rash or discoloured fingers and toes
- Difficulty breathing or shortness of breath
- Chest pain or pressure on the chest
- Impaired speech or movement ability

HAVE A PLEASANT STAY IN TÄBY/STOCKHOLM AND GOOD LUCK IN THE COMPETITION!



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