



**Danish Masters
Open
27th -29th of August
2021 in Ballerup ,
Denmark**

- **Danish Championship
Masters: individual**

Invitation to Danish Open Championships for Masters 27th- 29th of August 2021 in Ballerup, Denmark (near Copenhagen)

The Danish Open Championships for Masters individually will take place 27st - 29nd of August 2021 at Ballerup Stadium, Ballerup Idrætsby 38-40, 2750 Ballerup, Denmark (close to Copenhagen use google maps with the address) . Foreigners are welcome, if the Danish Corona restrictions allow them to travel to Denmark. However, they cannot become Danish Champions, and cannot take a place in a final before a Dane. The individual exercises are all according to international rules for masters (WMA).

Friday (M/F)

10.000 m

Saturday (M/F):

Short hurdle, 100 m, 400 m, 1500 m, steeplechase, pole vault, , long jump, hammer, weight, javelin, 3000m walk and 1000 m relay race

Sunday (M/F):

Long hurdle, 200 m, 800 m, 5000 m,, 3-jump, high jump, shotput, discus

Registration: latest Sunday 8th of August 2021 to uengmark@gmail.com . Please use the sign-up sheet on the website

Fee: DKK 125(18 euros) per exercise, relays DKK 205(27 euros) per relay-team

Contact and information: **Ulrik Engmark** mail uengmark@gmail.com or Chairman of the Danish Master Committee Knud Høyer, mobilnr. +45 20864630, mail knudhoeyer@gmail.com

Timetable and participant lists will be published on the website www.ballerup-ak.dk .