

„PAIDE TORN“

COMPETITION INSTRUCTIONS

2023 a

<https://www.youtube.com/watch?v=ajLe4s2a4HI>

1. The purpose of the competitions

To find out the best athletes in hook ladder climbing in indoor conditions.. Raise the general level of firefighting sports and popularize firefighting sports through the competition.

2. Time and place of the competitions

The competitions will take place on Saturday, May 6, in the Paide E-Piim sports hall. Aiavilja tn 1, Paide city.

3. Organizers of competitions

The competitions are conducted by the Paide Volunteer Firefighting Society, the Estonian Firefighting Sports Association, and the Pästeteamet. The competitions are prepared and conducted by the organizing committee formed for this purpose. Information about the competitions can be obtained from margo.tammepold@gmail.com, mobile. +372 5155461. Raimu Vaher, chief judge of the competition

4. Contest participants

These are open competitions. All athletes in the following age groups who have received appropriate preparation and do not have any health contraindications can participate in the

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|------------------|------------------------|--------------|
| • young men | 2011 and younger ones- | „D“ grupp |
| • young men | 2009-2010 | - „C“ grupp |
| • young men | 2007 - 2008 | - „B“ grupp |
| • young men | 2005 - 2006 | - „A“ grupp |
| • Men | 2004 and parents | - „Mehed“ |
| • Veteran | 40 and parents | |
| • Girls | 2011 and younger ones- | „TD“ grupp |
| • Girls | 2009 -2010 | - „TC“ grupp |
| • Girls | 2007 - 2008 | - „TB“grupp |
| • Girls | 2005 – 2006 | - „TA“grupp |
| • Women | 2004 and parents | - „N“ |

5. Planned competition schedule

- 10.30- 10.45 Training young men "D", "C", "Girls", "Women"
- 10.45- 11.00 Training young men "B" group
- 11.00 Final mandate
- 11.00- 11.15 Training young men "A" group
- 11.15 – 11.30 Training "Men" and "Veterans"
- 11.45 Opening of competitions
- 12.00 Start "D" and "C" group young men (2 attempts)
"Girls" "Women" (2 attempts)
Final races D" and "C" group
"Girls "Women"
- Start young men "B" group (2 attempts)
Final race young men "B" group
 - Start "A" group (2 attempts)
Final race "A" group
 - Start "Veterans" (2 trials) 2nd floor (1 window)
 - Start "Men" (2 attempts)
Final race "Men"
- 14.30 termination of competitions

6. Explaining the ranking

- 6.1 In the case of individual competitions, the results are kept for each competitor separately and the ranking is determined
- 6.2 The best result of the competitor's two attempts is taken into account.
- 6.3 The top 3 of the age group will enter the final race and the top 3 will be determined.

7. Awarding the winners

The top three in each age group will be awarded with a memento. Each participant in the veteran age group will be awarded with a competition medal and the three best souvenirs.

8. Registration for competitions

Contestants must be registered no later than May 1. The contestants' registration sheet must be sent to the address margo.tammepold@gmail.com. If there are any changes in the participation of competitors, this must be reported to the mandate committee on the day of the competition.

9. Sell

9.1 The organization organizing the competitions and sports events is not responsible for the accident insurance of the participants in the competitions.

9.2 Stiletos are not allowed.

