

# PM | Full moon jump

January 24th 2026

## Friidrottens hus GÖTEBORG

IFK Göteborg Friidrott welcome everyone to the 4th edition of Full Moon Jump!

### **Competition venue:**

Friidrottens Hus, Mikael Ljungbergs Väg 10, 414 76 Göteborg. The Arena is close to Slottskogsvallen, just next to Frölundaborg Ice Hockey. Closest tramstation is Marklandsgatan.

### **Parking:**

Parkering is available outside of Friidrottens Hus and Frölundaborg. For those who commute, closest station is Marklandsgatan.

### **Dressing Room:**

Dressingrooms are available inside Friidrottens Hus, toilets are located at level 2 and next to the staircase at level 1 and also in the east corner of level 1. Please don't leave your belongings in the dressing rooms or out of sight.

### **Warmup:**

Inside Friidrottens Hus, there will be a section dedicated to warmup. The warmup will be located to the extended sprint section in the west part of level 1.

### **Training Friday 23/1:**

The venue will be open for training on the 23rd until 17.00.

### **Spectators/Tribune:**

Tribunes will be built up close to the different events to create a more intimate atmosphere. We kindly ask spectators not to bring their belongings up on the tribunes to make room for more people.

Emergency exit must be kept clean from any obstacles.

Only competitor will be allowed at the field of play.

### **Bibs:**

Bibs can be picked up at the information center (Level 2) in Friidrottens Hus on the day of competition. The bib must be worn visible on the athletes front, in PV and HJ the bib can be worn on the back if the athlete prefers it.

### **Calling:**

Calling will be at the event competition site.

- High Jump, Long Jump and Triple Jump – 40 min prior to competition start
- Pole Vault – 50 min prior to competition start

## Highjump/Polevault – Progression

|            |                  |     |     |     |      |      |      |     |     |     |      |     |      |
|------------|------------------|-----|-----|-----|------|------|------|-----|-----|-----|------|-----|------|
| Höjd       | <b>K</b>         | 129 | 133 | 137 | 141  | 145  | 149  | 153 | 157 | 160 | 163  | 166 | 169  |
|            |                  | 172 | 175 | 177 | 179  | +2cm |      |     |     |     |      |     |      |
| Höjd       | <b>M</b>         | 135 | 140 | 145 | 150  | 155  | 160  | 164 | 168 | 172 | 175  | 178 | 181  |
|            |                  | 184 | 187 | 190 | 193  | 196  | 199  | 202 | 204 | 206 | +2cm |     |      |
| Pole Vault | <b>GU16</b>      | 183 | 203 | 213 | 223  | 233  | 243  | 253 | 263 | 273 | 278  | 283 | +5cm |
|            | <b>GU18 + W</b>  | 223 | 243 | 263 | 283  | 303  | 318  | 333 | 348 | 363 | 373  | 383 | 393  |
|            |                  | 403 | 413 | 418 | 423  | +5cm |      |     |     |     |      |     |      |
| Pole Vault | <b>M (A+B)</b>   | 383 | 403 | 423 | 443  | 458  | 473  | 483 | 493 | 503 | 513  | 523 | 533  |
|            |                  | 543 | 548 | 553 | +5cm |      |      |     |     |     |      |     |      |
|            | <b>M (N) + B</b> | 203 | 233 | 263 | 283  | 303  | 323  | 343 | 363 | 378 | 393  | 408 | 418  |
|            |                  | 428 | 438 | 448 | 458  | 453  | +5cm |     |     |     |      |     |      |

**Longjump/Triplejump** – All jumper gets 3 attempts, the 8 best in each category will have 6 attempts.

- Takeoffboards in TJ:
  - U16 – Taped board at 7m and 9m
  - U18 – Woodboard at 10m + **taped board at 9m and 7m.**
  - Senior – Wood board at 10m and 13m

### Prize ceremony:

Prizes in each event and class category

### Food:

Food will be served at our cafe on level 2.

We offer grilled burgers, hot dogs, coffee, soda, sandwiches and snacks.

### Information:

[Kansli@ifkgoteborgfriidrott.se](mailto:Kansli@ifkgoteborgfriidrott.se)

