

DYNAMIC NEW ATHLETICS (DNA) IN A NUTSHELL



TEAM EVENT

- 24 teams (15 athletes per country)
- 6 teams in a match

TOURNAMENT 23-28 JUNE

- first round - 24 teams (6 teams go direct to semi-final)
- quarter final - 18 teams (6 teams to go to semi-final)
- semi-final - 12 teams
- final - 6 teams going for gold, silver and bronze

9 DISCIPLINES

TRACK (all finals)

- 100m (men & women)
- 110m hurdles (men)
- 100m hurdles (women)
- 4x400m relay (mixed)

FIELD EVENTS (all head to head - three jumps/throws each - three finals)

- high jump (men) - jeopardy - name your height
- long jump (women)
- javelin (women)

POINTS SYSTEM

- for the first eight disciplines 12 points first, 10 points second, 8 points third, 6 points fourth, 4 points fifth, 2 points for the last

WINNER TAKES IT ALL

- all comes down to the final race which is "THE HUNT" (distance medley relay: 800 men, 600 women, 400 men, 200 women)
- staggered gate start with time penalty based on team points after 8 events

More information on www.dna.run

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