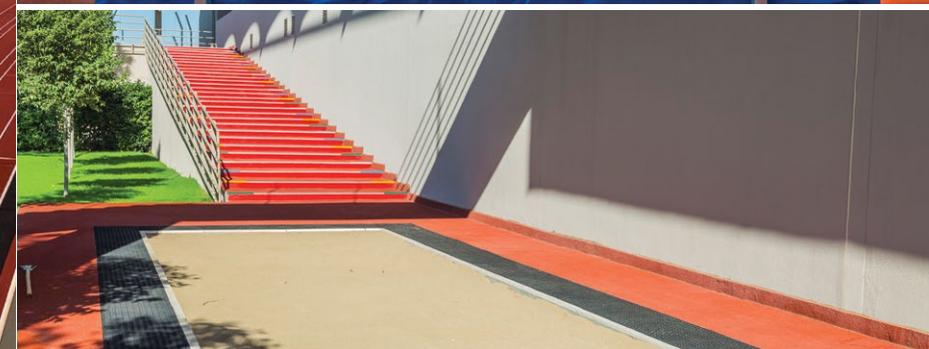
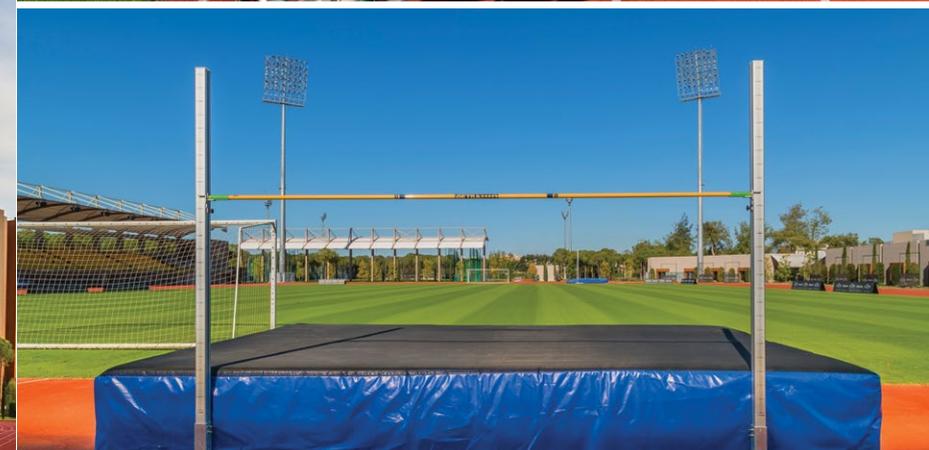


VICTORY STARTS  
HERE!



O U T D O O R S P O R T S  
**OUTDOOR SPORTS**

The 35 000 m<sup>2</sup> outdoor facilities include a stadium for 1700 spectators and various sports fields.



IAAF approved athletic fields and equipment for all track & field events with competition timing system.

#### Training Areas

- Track & Field areas are certified as Class 2 by IAAF
- 8-lane 400 meter oval track with an IAAF certified surface
- 4-lane 110 meter indoor running track with 10 meters split times measurement system
- 1,7 km natural running trail surrounding the premises
- 3 outdoor pits for long and triple jump
- 1 indoor pit for long and triple jump
- 2 hammer and discus cages
- 8 shot put areas
- 3 javelin throw runways
- 2 high jump and 2 pole vaulting mats
- 1,5 & 2,5 degrees incline running track
- 1,7 km outdoor natural running trail
- Stair climbing areas with various heights
- 2000m<sup>2</sup> main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls, etc.)
- Studios for Mat and Group training

#### Track & Field Specific Equipment

- Javelin, discus, shot put and hammer sets
- 100 height & counterweight adjustable hurdles
- Speed sacs
- California speed sleds
- Training equipment (cones, slalom sets, hurdles, agility ladders, etc.)
- Vertimax vertical jump and speed training device
- Photo finish system with wind speed detection
- Portable time measurement system

#### Track & Field Specific Tests and Training Opportunities

- 30 m sprint analysis with OPTOJUMP system to analyze various phases
- 2D & 3D Motion analyses for jumping and throwing techniques
- Aerobic capacity (Lactate & VO<sub>2</sub>max tests) – HP Cosmos treadmills and QUARK CPET
- Anaerobic power test with MONARK ergometer
- Isokinetic strength tests and training with ISOMED 2000
- 3D ground reaction force analysis with 2 KISTLER force plates
- Body Composition with gold standard BODPOD