

NORDIC U20 MATCH & CHAMPIONSHIPS AND NORDIC-BALTIC U23 CHAMPIONSHIPS MALMÖ 16–17 JULY 2022



Welcome to Malmö!

Malmö, Sweden's third largest city, was founded at the end of the 13th century and is today south Sweden's commercial centre. Malmö is a natural hub for people and cultures from worldwide. The city's inhabitants come from around 180 countries and speak some 150 different languages.

Malmö successfully combines the abundant cultural life, restaurants and entertainment of a big city with the relaxed and friendly atmosphere of a small town. Most hotels, are within 15 minutes walk from the city centre. And a mere half hour away by train, across the majestic Öresunds Bridge, awaits Copenhagen, with its Danish charm and even more big-city experiences to enjoy. Take the opportunity to experience two countries in a single visit.

The local organizers, Malmö AI, is a Track and Field Club from 1908 with 1 000 members.

Malmö AI has an impressive history, and present with 3 athletes at the latest Summer Olympics and hopefully a handful of athletes at this event. We wish you a pleasant and successful weekend here with great competitions.



Photo: Malmö stad

Travelling to Malmö

Malmö is near Kastrup Airport in Denmark.

Accommodation and meals

All participants will stay at Hotel Scandic Triangeln in double or single rooms. Breakfast and dinner will be served at the hotel and conference rooms can be arranged for e.g. team meetings. Lunch will be served at Eric's Bar & Restaurant, next to the arena.

All meals include dairy and gluten free alternatives. Please inform the organizers as soon as possible if you have any other special dietary requirements.

Transportation to Hotel - Arena (Malmö Stadion)

Prior and during the competition, there will be scheduled bus transportation on routes Hotel-Arena-Hotel. Travelling time between the hotel and the Arena is approximately 15 minutes. Timetable will be provided later. It is a nice 2 km walk between hotel and arena.

Costs

2300 SEK per team member, which includes:

- Two nights in double room
(Single rooms can be arranged for 2500 SEK)
- 2 x breakfast — Saturday and Sunday
- 2 x lunch — Saturday and Sunday
- 2 x dinner — Friday and Saturday
- Transportation to and from Kastrup in Denmark and between the hotel and the arena.

Contact

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www.malmoe2022.se

Preliminary Competition Timetable

Departures

The competition will end at 16:00 on Sunday to allow all participants a smooth transportation home. (see preliminary competition timetable). Buses will be arranged for transportation to the airport on Sunday.

To do for local federations by May 15th the latest:

- Inform the organizers of your travelling schedules
- Inform the organizers of preliminary need of accommodation for your team. (single/double rooms)

Saturday, July 16 th			Sunday, July 17 th		
11:00	Hammer	U20/U23 M	10:00	Javelin	U20/U23 M
11:00	Pole Vault	U23 M	10:15	Triple Jump	U20 M
11:05	Long Jump	U23 M	10:20	Shot Put	U20 W
11:15	400m H	U20 W	10:30	High Jump	U23 M
11:25	400m H	U23 W	10:35	110m H	U20 M
11:45	Shot Put	U20 M	10:50	110m H	U23 M
11:45	400m H	U20 M	11:00	Pole Vault	U20 W
11:55	400m H	U23 M	11:10	100m H	U20 W
12:15	100m	U20 M	11:20	100m H	U23 W
12:25	100m	U20 W	11:35	Long Jump	U23 W
12:35	100m	U23 M	11:40	800m	U20 W
12:35	Triple Jump	U20 W	11:45	Shot Put	U23 W
12:45	100m	U23 W	11:50	800m	U20 M
13:00	Hammer	U20/U23 W	12:00	800m	U23 W
13:15	1500m	U20 W	12:00	Discus	U20/U23 M
13:30	1500m	U20 M	12:10	800m	U23 M
13:30	High Jump	U23 W	12:30	High Jump	U20 M
13:45	1500m	U23 W	13:00	200m	U20 W
14:00	1500m	U23 M	13:05	Long Jump	U20 W
14:10	Shot Put	U23 M	13:10	200m	U20 M
14:15	Long Jump	U20 M	13:15	Pole Vault	U23 W
14:30	400m	U20 M	13:20	200m	U23 W
14:40	400m	U20 W	13:30	200m	U23 M
14:50	400m	U23 M	13:50	3000m St	U20/U23 W
14:50	Pole Vault	U20 M	14:00	Discus	U20/U23 W
15:00	Javelin	U20/U23 W	14:10	3000m St	U20/U23 M
15:00	400m	U23 W	14:20	Triple Jump	U23 M
15:10	3000m	U20 W	14:30	5000m RW	U20 W/M
15:20	High Jump	U20 W	15:00	4x400m	U20 M
15:30	5000m	U20 M	15:10	4x400m	U23 M
15:50	Triple Jump	U23 W	15:20	4x400m	U20 W
16:10	3000m	U23 W	15:30	4x400m	U23 W
16:40	5000m	U23 M			
17:00	4x100m	U20 W			
17:10	4x100m	U20 M			
17:20	4x100m	U23 M			
17:30	4x100m	U23 W			

HOST



Malmö stad

SWEDISH ATHLETICS ASSOCIATION



SVENSK FRIDROTT

ORGANIZER

