

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



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TEAM MANUAL

1. Championship website

For more information and updates, please visit malmoe2022.se

2. Final Registration Date

The final date for registration is Monday, July 11. Each national team should use its own specific registration form and for U20 participants organize the athletes according to the drawing scheme (appendix 1).

3. Arrival

Bus transports to the hotel have been organized according to announced arrivals (Appendix 3).

4. Hotel – Accommodation

The national teams will be accommodated in single, double and twin rooms.

TEAM	HOTEL
Finland	Scandic Malmö City
Sweden	Good Morning+ Malmö
Denmark	Scandic Segevång
Island	Scandic Segevång
Norway	Quality Hotel The Mill
Lithuania	Scandic S:t Jörgen
Latvia	Scandic S:t Jörgen
Estonia	Scandic S:t Jörgen

5. Team Meetings

Team Meetings Conference rooms will be arranged near the arena on request.

6. Meals

- Meals Buffet breakfast will be served from 06:30 to 09:30.
- Lunch and dinner will be served close to the arena, at restaurant Eric's in building D from 11:00 to 14:00. (menu in appendix 5)
Buffet dinner on Friday and Saturday will be served from 17:00 to 20:00.

7. Transportation from hotel to competition venue

The organizer provides shuttle bus transports to and from the competition arena. The timetable is presented in Appendix 3, and on information boards at the hotel.

8. Technical Meeting

The Technical Meeting will be held on Friday July 15 at 18:00 at Atleticum in building B. The agenda for the Technical Meeting is presented in Appendix 7.

The final list of championship participants (including late changes) is required from the Team Leaders at the Technical Meeting. The Members of the Jury will also be announced at the Technical Meeting.

HOST



SWEDISH ATHLETICS ASSOCIATION



ORGANIZER



NORDIC U20 MATCH & CHAMPIONSHIPS AND NORDIC-BALTIC U23 CHAMPIONSHIPS

MALMÖ 16–17 JULY 2022



9. Dressing rooms, showers, training and warm-up areas

Dressing rooms and showers are located in Malmö Stadion and Atleticum. The warming-up area is located 100m south east of Malmö Stadion (see map, appendix 6). There is a throwing arena for warming-up outdoor 600m south west of Malmö Stadion.

10. Call Room

The Call Room will be at the south entrance of Malmö Stadion, building a (see map). Shoes with spikes are not allowed inside the building. The change to spikes must be done in the Call Room.

You find a Call Room timetable in Appendix 2 and it will also be handed out separately at the Technical Meeting. It is the responsibility of the Team Leaders to ensure that their athletes are aware of and follow the timetable.

In the Call Room: Uniform clothing, cover clothing, shoes and bags will be checked according to the competition rules. No electronic devices will be allowed inside the competition area.

11. Introduction of participants

All participants will be lined up and introduced individually before the start of each event.

12. Personal Implements Check

Personal throwing equipment must be checked and marked as approved by the Technical Manager before the competition.

Hammer, javelins, shots and discuses must be presented to the Technical Manager (see map, building a) not later than 90 minutes before the start of each event.

Personal throwing equipment is returned after the events at the same place.

13. Result service

There will be an online result service during the competition. Official results will also be presented continually.

14. Medical Aid

There will be a First Aid Group at the Stadium.

15. Victory Ceremonies

For each event, 1st, 2nd and 3rd place athletes and relay teams will be called to the victory ceremony. The victory ceremony for each event will take place as soon as possible after the event. The national championship victory ceremony will take place as soon as possible after the last event on Sunday. Victory ceremony assembly point is in building a, see map.

WELCOME TO MALMÖ!

On the behalf of the Organizing Committee
Mikael Wirstedt, Secretary General
Annika Hovang, Competition Director

APPENDIX 1: DRAWING SCHEME U20

RUNNER LANES

	NOR	SWE	FIN	DEN/ISL
100m M	4+8	3+7	2+6	1+5
100m W	1+5	2+6	3+7	4+8
200m M	1+5	2+6	3+7	4+8
200m W	3+7	1+5	4+8	2+6
400m M	3+7	1+5	4+8	2+6
400m W	2+6	4+8	1+5	3+7
800m M	2+6	4+8	1+5	3+7
800m W	4+8	3+7	2+6	1+5
110m Hurdles M	3+7	1+5	4+8	2+6
100m Hurdles W	4+8	3+7	2+6	1+5
400m Hurdles M	1+5	2+6	3+7	4+8
400m Hurdles W	1+5	2+6	3+7	4+8
4x100m Relay M	5	2	3	4
4x100m Relay W	4	5	2	3
4x400m Relay M	3	4	5	2
4x400m Relay W	5	2	3	4

RUNNER POSITIONS AT START LINE

	NOR	SWE	FIN	DEN/ISL
1500m M	3+7	1+5	4+8	2+6
1500m W	4+8	3+7	2+6	1+5
5000m M	2+6	4+8	1+5	3+7
3000m W	1+5	2+6	3+7	4+8
Steeplechase M	1+5	2+6	3+7	4+8
Steeplechase W	2+6	4+8	1+5	3+7

JUMPING OR THROWING ORDER

	NOR	SWE	FIN	DEN/ISL
High Jump M	3+7	1+5	4+8	2+6
High Jump W	3+7	1+5	4+8	2+6
Pole Vault M	2+6	4+8	1+5	3+7
Pole Vault W	2+6	4+8	1+5	3+7
Long Jump M	4+8	3+7	2+6	1+5
Long Jump W	1+5	2+6	3+7	4+8
Triple Jump M	1+5	2+6	3+7	4+8
Triple Jump W	4+8	3+7	2+6	1+5
Shot Put M	3+7	1+5	4+8	2+6
Shot Put W	1+5	2+6	3+7	4+8
Discus M	2+6	4+8	1+5	3+7
Discus W	4+8	3+7	2+6	1+5
Hammer M	1+5	2+6	3+7	4+8
Hammer W	3+7	1+5	4+8	2+6
Javelin M	4+8	3+7	2+6	1+5
Javelin W	2+6	4+8	1+5	3+7

APPENDIX 2: COMPETITION TIMETABLE

Call and check procedure

For each event, the call and check procedure begin at fixed intervals prior to the scheduled start time (T).

Event	Call	To field/track
Track events (ex 4x100m relay)	T-25 min	T-10 min
4x100m relay	T-30 min	T-15 min
Field events (ex Pole Vault)	T-45 min	T-35 min
Pole Vault	T-60 min	T-45 min

The competitors must attend to the Call Room on time.

COMPETITION TIMETABLE

Saturday, July 16 th			Sunday, July 17 th		
10:00	Hammer	U20/U23 M	09:30	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 Final A+B	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 Final A+B	U23 W
12:25	100m	U20 W	11:35	Long Jump	U23 W
12:35	100m Final A+B	U23 M	11:40	800m	U20 W
12:35	Triple Jump	U20 W	11:45	Shot Put	U23 W
12:45	100m Final A+B	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 Final A+B	U23 W
14:40	400m	U20 W	13:30	200m Final A+B	U23 M
14:50	400m Final A+B	U23 M	13:50	3000m St	U20/U23 W
14:50	Pole Vault	U20 M	14:00	Discus	U20/U23 W
15:00	400m Final A+B	U23 W	14:10	3000m St	U20/U23 M
15:10	3000m	U20 W	14:20	Triple Jump	U23 M
15:20	High Jump	U20 W	14:30	5000m RW	U20 W/M
15:30	5000m	U20 M	15:00	4x400m	U20 M
15:30	Javelin	U20/U23 W	15:10	4x400m	U23 M
15:50	Triple Jump	U23 W	15:20	4x400m	U20 W
16:10	5000m	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			

APPENDIX 3: TRANSPORTATION TIMETABLE

Will be updated on the webb.

www.malmoe2022.se

————— **HOST** —————



————— **SWEDISH ATHLETICS ASSOCIATION** —————



————— **ORGANIZER** —————



APPENDIX 4

THROWING EQUIPMENT PROVIDED BY LOC

SHOT PUT	MODEL
4,0 kg	Nelco Kin-O-Max 95mm
4,0 kg	Nelco Steel 95mm
4,0 kg	Nelco Steel 95mm
6,0 kg	Polanik Steel 105mm
6,0 kg	Nelco Steel 105mm
6,0 kg	Nelco Steel 105mm
7,26 kg	Nelco Steel 110mm
7,26 kg	Nelco World Class 120mm
7,26 kg	Nelco World Class 129mm

DISCUS	MODEL
1,0 kg	Nishi Competition
1,0 kg	Nelco Gold
1,0 kg	Nelco Ultra Spin
1,75 kg	Nelco Gold
1,75 kg	Nelco Ultra Spin
1,75 kg	Nelco Ultimo
2,0 kg	Nelco Gold
2,0 kg	Nelco Ultra Spin
2,0 kg	Nelco Super Spin Black

HAMMER	MODEL
4,0 kg	Polanik Steel 95mm
4,0 kg	Polanik Competition 95mm
4,0 kg	Nelco Steel 95mm
6,0 kg	Nelco World Class 105mm
6,0 kg	Nelco World Class 105mm
6,0 kg	Nelco World Class 110mm
7,26 kg	Nelco Kin-O-Max 115mm
7,26 kg	Nelco Steel 110mm
7,26 kg	Nelco Steel 110mm

JAVELIN	MODEL
600 gr	Polanik Space Master
600 gr	Polanik Space Master
600 gr	Polanik Challenger
800 gr	Polanik Space Master
800 gr	Polanik Space Master
800 gr	Polanik Challenger

HOST



SWEDISH ATHLETICS ASSOCIATION



ORGANIZER



APPENDIX 5: LUNCH AND DINNER MENU

All meals include dairy and gluten free alternatives.

FRIDAY JULY 15TH

EVENING

Pasta (Spaghetti) Bolognese (beef).

Salad buffet: Cucumber, maize, grated carrot and crispbread.

SATURDAY JULY 16TH

LUNCH

Meatballs and potatoes with sauce.

Salad buffet: Cucumber, maize, grated carrot and crispbread.

EVENING

Breaded fish and potatoes with remoulade sauce.

Salad buffet: Cucumber, maize, grated carrot and crispbread.

SUNDAY JULY 17TH

LUNCH

Sausage Casserole served with rice, salad and crispbread.

Salad buffet: Cucumber, maize, grated carrot and crispbread.

Lunch and dinner will be served at the restaurant Erics, building D.

————— **HOST** —————



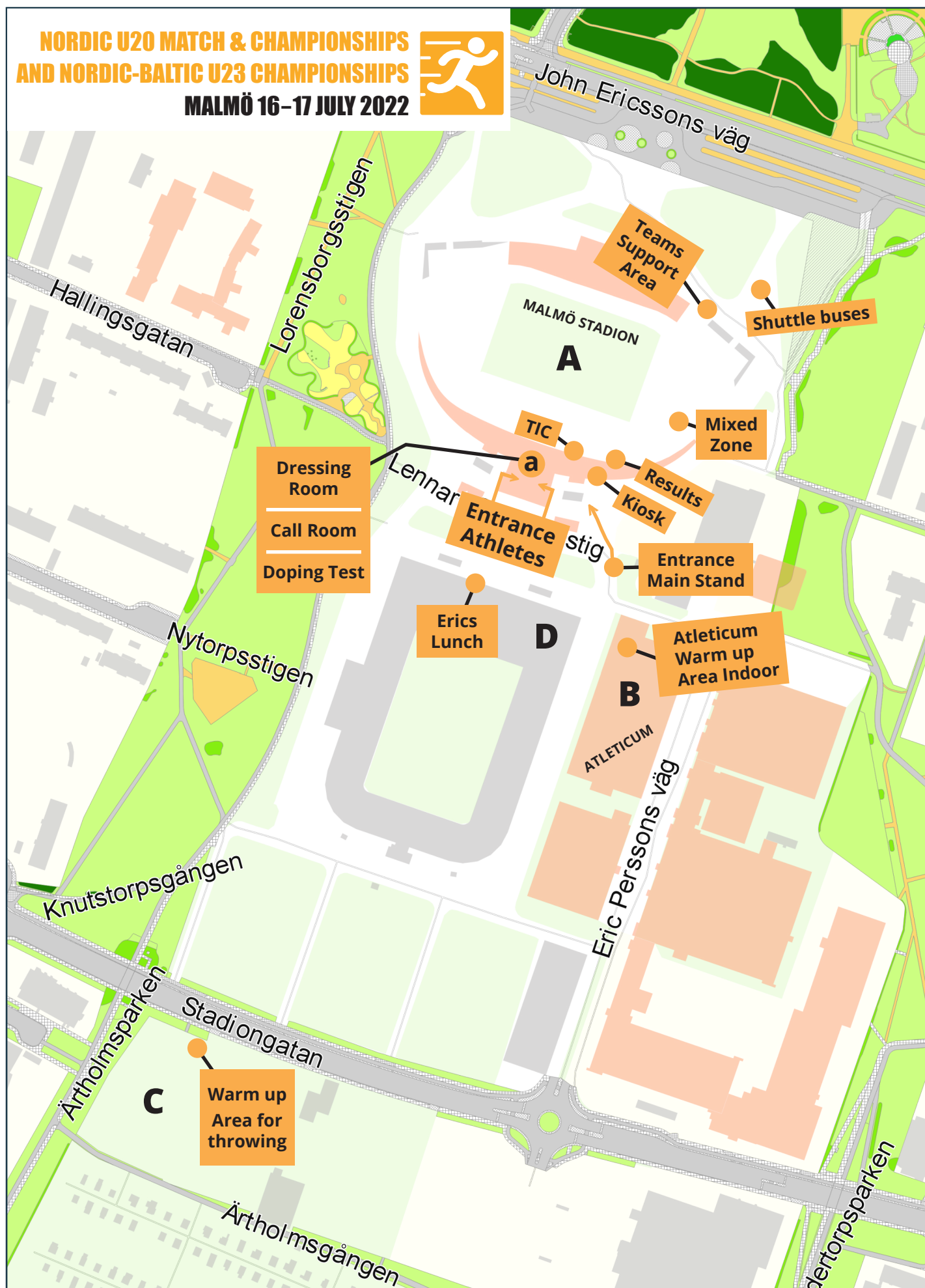
————— **SWEDISH ATHLETICS ASSOCIATION** —————



————— **ORGANIZER** —————



**NORDIC U20 MATCH & CHAMPIONSHIPS
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MALMÖ 16–17 JULY 2022**



APPENDIX 7: TECHNICAL MEETING AGENDA (PAGE 1)

1) Opening and welcome

2) Presentation of attendants

- Organizers
- Team representatives

3) Nomination of the Jury of Appeal

4) General Information of the Championship events

4.1 The timetable has been distributed in advance

4.2 For basic rules see Nordic Handbook and IAAF Competition Rules

4.3 **Starter commands in English:** ON YOUR MARKS, SET, STAND UP

4.4 **Lane order, jumping and throwing order:** According to the teams' entries. In field events, except high jump and pole vault, reverse ranking order will be used for rounds four, five and six.

4.5 **Throwing equipments:** Equipment according to appendix 4 is provided by the organizers. Personal equipment will be checked and made available for all participants, at the owner's risk. Hammer, javelins, shots and discuses must be presented to the Technical Manager (see map, building a) not later than 90 minutes before the start of each event. All personal equipment should be retrieved in the same place. In discus we will apply the regulation on closed wing, as adopted by the Swedish Athletic Association.

4.6 **Poles:** All poles will be controlled before the event at the competition site by the Technical Manager.

4.7 Opening heights and progression in vertical jumps:

High Jump, Women: 155–160–165–170–173–176–179–181 +2 cm

Pole Vault, Women: 340–355–370–380–390–400–410–415–420 +5 cm

High Jump, Men: 185–190–195–200–203–206–209–211 +2 cm

Pole Vault, Men: 460–470–480–490–500–510–515–520–525 +5 cm

4.8 Tripeljump board are at 13 and 11 meters – need of extra boards?

APPENDIX 7: TECHNICAL MEETING AGENDA (PAGE 2)

5) General Information

- 5.1 **Call Room:** A Call Room timetable has been sent to the teams in advance.
Items to be checked: Identification, cover clothing, competition clothing and personal items. Mobile phones / mp3 players or other similar items are NOT permitted in the infield.
- 5.2 **Protest:** In English writing at the TIC. Normal protest time is 30 minutes after the official announcement of the results of the event have been published. The time is counted from the moment when the result sheet is attached to the official result board. Organizers' proposal: For the last event on Sunday the protest time is only 10 minutes. The protest fee is 90 Euros and payment must be done with the written protest.
- 5.3 **Ceremonies:**
- Opening ceremony
 - Pre-event presentation
 - Victory ceremonies
- 5.4 **Access to the infield:** only the Athlete-Captains of the teams have access the infield. All other athletes have access only for their respective events. Team Officials must not enter the infield during the competitions.

6) Confirmation of entries

- Official startlists: Any changes?
- Later changes: Time and place
- Extra participants
- Running order in relays: NOT later than 60 min before the start to the TIC

7) Arena Information

- Warm-up areas
- Location of TIC
- Location of the Technical Manager
- Location of the Call Room
- Location of the result board
- First aid point

8) Doping control

- Is located in building a, at minimum 5 for U20 and 5 for U23
- Procedure in case of National Records requiring the test

9) Any other matters

- Meal timetable
- Shuttle bus timetable

10) Closing the meeting