

NORDIC ATHLETICS CHAMPIONSHIPS MALMOE 18-19 MAY



LAST UPDATED: 2024-05-16, 20:30

TEAM MANUAL

1. Championship website

For more information and updates, please visit www.friidrott.se/nm

2. Arrival

We are still working on details in the transportation schedule. As soon as all transfers are scheduled, it will be published on the Championship website www.friidrott.se/nm

3. Hotel - Accommodation

The national teams will be accommodated in single, double and twin rooms, at Good Morning+ Malmö. The hotel is a 9 minutes walk, 650 meters from the arena.

4. Meals

- Breakfast Buffet will be served from 06:00–10:00 at the hotel.
- Lunch will be served close to the arena, at restaurant Eric's in building D Saturday 12:00–14:00 and Sunday 11:30–13:30
- Dinner will be served at the hotel from 18:00–21:00

5. Team Meetings

Team Meetings Conference rooms will be arranged at the hotel on request directly to hotel.

6. Technical Meeting

The Technical Meeting will be held on Friday 17 May at 20:00 at Good Morning+ Malmö Hotel. The agenda for the Technical Meeting is presented in Appendix 6. 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.

7. Final confirmation

Last minute (after Technical Meeting) changes or withdrawals can be communicated via email to daniel.bergin@friidrott.se or +46 73 626 17 33.

Deadline for Final Confirmation is 10:30 Saturday / 08:00 Sunday.

Official start lists (including drawing orders) will be published on easyrecord.se at 12:00 Saturday / 09:30 Sunday.

8. Seeding principles

The athletes' SB from the 2023 and 2024 outdoor seasons will be the main sources of information for seeding of athletes.

HOST



Malmö stad

SWEDISH ATHLETICS ASSOCIATION



SVENSK FRIIDROTT

ORGANIZER



NORDIC ATHLETICS CHAMPIONSHIPS MALMOE 18-19 MAY



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

Dressing rooms and showers are located in Malmoe Stadion and Athleticum. The warm-up area is located 100m south east of Malmoe Stadion (see map, appendix 5). There is a throwing arena for warm-up outdoor 600m south west of Malmoe Stadion.

10. Call Room

The Call Room will be at the south entrance of Malmoe 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.*

Personal implements can be presented to the Technical Manager at Malmoe Stadion (see map, building A):

- Friday 14:00–20:00
- Saturday until 2 hours before the start of each event
- Sunday until 2 hours before the start of each event

Technical Manager: Hans Thysell +46 72 444 75 83

13. Pre-competition training

Athleticum (indoor facility, building B on the map in the Team Manual) will be open for training Friday from 8.00 to 20.00.

14. Result service

>> [Results!](#)

>> [Results live!](#)

15. Medical Aid

There will be a First Aid Group at the Stadium.

16. Mixed Zone

After every event the participants walks together to the mixed zone before leaving the arena.

17. Prize Ceremonies

For each event, 1st, 2nd, and 3rd place athletes will be called to the prize ceremony. The prize ceremony for each event will take place as soon as possible after the event.

Prize ceremony assembly point is at the mixed zone see map.

WELCOME TO MALMOE!

APPENDIX 1: COMPETITION TIMETABLE

PRELIMINARY COMPETITION TIMETABLE

Saturday, May 18 th		Sunday, May 19 th	
15:00	W Javelin	11:00	W 4x100m
15:05	W 400m	11:05	W Hammer
15:20	M 400m	11:10	M 4x100m
15:35	M High Jump	11:25	M Pole Vault
15:40	W 100m heats	11:30	W 800m (pace)
15:45	M Triple Jump	11:35	W Triple Jump
16:00	M 100m heats	11:45	M 110m H heats
16:25	W 400m H	12:05	W 100m H heats
16:30	W Discus	12:25	W 200m
16:35	M Shot Put	12:30	M Discus
16:40	M 400m H	12:35	M 200m
17:05	W Pole Vault	12:40	W High Jump
17:10	W 100m final	12:55	M 800m (pace)
17:20	M 100m final	13:10	W 100m H final
17:25	W Long Jump	13:25	M 110m H final
18:05	M Hammer	13:30	M Long Jump
19:00	W 1500m (pace)	13:50	M 5000m (pace)
19:20	M 3000m ST (pace)	13:55	W Shot Put
19:45	W 3000m ST (pace)	14:05	M Javelin
20:10	M 1500m (pace)	14:15	W 5000m (pace)
		14:45	W 4x400m
		14:55	M 4x400m

APPENDIX 2: CALL ROOM SCHEDULE

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 400m)	T-25 min	T-10 min
4x100m relay	T-30 min	T-15 min
Field events (ex Discus and Long Jump)	T-45 min	T-35 min
Pole Vault	T-60 min	T-45 min

The competitors must attend to the Call Room on time.

CALL ROOM SCHEDULE

Saturday, May 18th

		<u>Call room open</u>	<u>Call room close</u>	<u>Enter Stadium</u>	<u>Competition</u>
15:00	W Javelin	14:15	14:20	14:25	15:00
15:05	W 400m	14:40	14:50	14:55	15:05
15:20	M 400m	14:55	15:05	15:10	15:20
15:35	M High Jump	14:50	14:55	15:00	15:35
15:40	W 100m heats	15:15	15:25	15:30	15:40
15:45	M Triple Jump	15:00	15:05	15:10	15:45
16:00	M 100m heats	15:35	15:45	15:50	16:00
16:25	W 400m H	16:00	16:10	16:15	16:25
16:30	W Discus	15:45	15:50	15:55	16:30
16:35	M Shot Put	15:50	15:55	16:00	16:35
16:40	M 400m H	16:15	16:25	16:30	16:40
17:05	W Pole Vault	16:05	16:15	16:20	17:05
17:10	W 100m final	16:45	16:55	17:00	17:10
17:20	M 100m final	16:55	17:05	17:10	17:20
17:25	W Long Jump	16:40	16:45	16:50	17:25
18:05	M Hammer	17:20	17:25	17:30	18:05
19:00	W 1500m (pace)	18:35	18:45	18:50	19:00
19:20	M 3000m ST (pace)	18:55	19:05	19:10	19:20
19:45	W 3000m ST (pace)	19:20	19:30	19:35	19:45
20:10	M 1500m (pace)	19:45	19:55	20:00	20:10

APPENDIX 2: CALL ROOM SCHEDULE

CALL ROOM SCHEDULE

Sunday, May 19th

		<u>Call room open</u>	<u>Call room close</u>	<u>Enter Stadium</u>	<u>Competition</u>
11:00	W 4x100m	10:30	10:40	10:45	11:00
11:05	W Hammer	10:20	10:25	10:30	11:05
11:10	M 4x100m	10:40	10:50	10:55	11:10
11:25	M Pole Vault	10:25	10:35	10:40	11:25
11:30	W 800m (pace)	11:05	11:15	11:20	11:30
11:35	W Triple Jump	10:50	10:55	11:00	11:35
11:45	M 110m H heats	11:20	11:30	11:35	11:45
12:05	W 100m H heats	11:40	11:50	11:55	12:05
12:25	W 200m	12:00	12:10	12:15	12:25
12:30	M Discus	11:45	11:50	11:55	12:30
12:35	M 200m	12:10	12:20	12:25	12:35
12:40	W High Jump	11:55	12:00	12:05	12:40
12:55	M 800m (pace)	12:30	12:40	12:45	12:55
13:10	W 100m H final	12:45	12:55	13:00	13:10
13:25	M 110m H final	13:00	13:10	13:15	13:25
13:30	M Long Jump	12:45	12:50	12:55	13:30
13:50	M 5000m (pace)	13:25	13:35	13:40	13:50
13:55	W Shot Put	13:10	13:15	13:20	13:55
14:05	M Javelin	13:20	13:25	13:30	14:05
14:15	W 5000m (pace)	13:50	14:00	14:05	14:15
14:45	W 4x400m	14:15	14:25	14:30	14:45
14:55	M 4x400m	14:25	14:35	14:40	14:55

APPENDIX 3: TRANSPORTATION TIMETABLE

Friday

Transfers CPH Airport – Hotel

Max Andersson: +46 722 33 99 12

Iceland

Team bus will depart Friday at 13.25

Finland

Team bus will depart Friday at 16.45

Norway

Those who arrive on similar times can use the 13.25 (Team ISL) and 16.45 (Team FIN) bus departures.

Other arrival times (Friday or Saturday):

Max Andersson will wear a “Nordic Championships” sign and meet you in the arrivals area + arrange for transfers.

Sunday

Transfers Malmö Stadion – CPH Airport

Norway

Team bus will depart Sunday at 15.30

Finland

Team bus will depart Sunday at 16.30

Iceland

Team bus will depart Sunday at 17.30

Other departure times

Make separate arrangements with Max Andersson +46 722 33 99 12.

————— **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
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
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
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

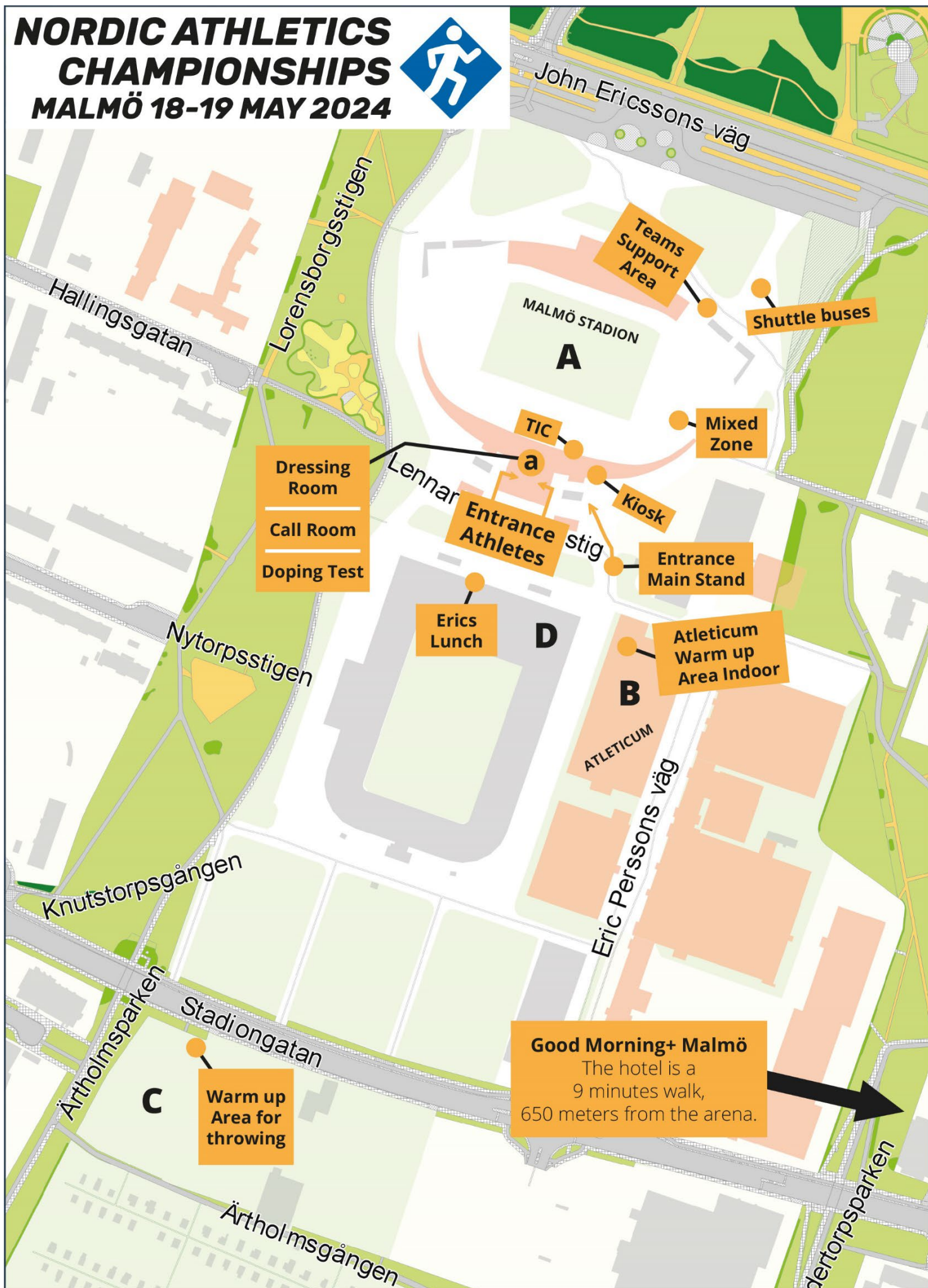


ORGANIZER



APPENDIX 5: ARENA MAP

NORDIC ATHLETICS CHAMPIONSHIPS MALMÖ 18-19 MAY 2024



APPENDIX 6: TECHNICAL MEETING AGENDA (PAGE 1)

1) Opening and welcome

2) Presentation of attendants

- Organizers
- Team representatives

3) Nomination of the Jury of Appeal

Chair: Hans Thysell

+ two representatives from participating countries.

Secretary: Daniel Bergin

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 **WA Technical Rules**

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

4.4 Seeding principles, jumping and throwing order:

The athletes' SB from the 2023 and 2024 outdoor seasons will be the main sources of information for seeding of athletes. Lanes will be distributed according to TR 20.4 (new wording 2024).

Qualification principles for 100m, 200m, 100/110m hurdles:

2 heats: 2 Q from each heat + 4 q

3 heats: 2 Q from each heat + 2 q

In field events, except high jump and pole vault, reverse ranking order will be used for rounds four, five and six.

4.5 **Throwing events:** Implements according to appendix 4 are provided by the organizers.

Personal equipment will be checked and made available for all participants. After the competition, all personal implements can be retrieved at the Technical Manager (see map, building A).

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: 166-171-176-180-184-187-190 +2 cm

Pole Vault, Women: 360-375-390-405-420-431-442-450-458 +5 cm

High Jump, Men: 192-198-204-208-212-215-218 +2 cm

Pole Vault, Men: 450-470-486-502-513-524-532-540 +5 cm

4.8 **Triple Jump take-off lines:** Men 13m, Women 11m.

APPENDIX 6: TECHNICAL MEETING AGENDA (PAGE 2)

5) General Information

5.1 **Call Room:** A Call Room timetable can be found in appendix 4.

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 and Appeals:

Procedures according to TR 8. Appeal forms are available through the Jury of Appeal secretary: Daniel Bergin +46 73 626 17 33. Fee is SEK 1000 / € 100.

5.3 Ceremonies:

- Pre-event presentation
- Victory ceremonies

5.4 Confirmation of entries:

- Immediately after Technical Meeting.
- Changes or withdrawals can also be communicated via email to daniel.bergin@friidrott.se or +46 73 626 17 33. Deadlines: Saturday 10.30 / Sunday 8.00.
- Official start lists (including drawing orders) will be published on easyrecord.se at Saturday 12.00 / Sunday 9.30.

6) Arena Information

- Warm-up areas
- Location of TIC
- Location of the Technical Manager
- Location of the Call Room

7) Doping control

- Is located in building A
- If doping control is needed for National Record ratification, contact Daniel Bergin +46 73 626 17 33.

8) Any other matters

- Meal timetable
- Shuttle bus timetable

9) Closing the meeting