



# Team Manual

Nordic Indoor Match

Denmark/Iceland, Finland, Norway, Sweden

13<sup>th</sup> of February 2016

Telekonsult Arena, Växjö, Sweden

[www.nordenkampen.se](http://www.nordenkampen.se)

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# Team Manual Nordenkampen 13/2 2016, Växjö, Telekonsult Arena

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## Key Persons for the event:

Technical delegate:	Kjell Ahnstedt
Event Manager:	Jan Bengtsson
Competition Director:	Martin Joabsson
Technical Manager:	Tommy Ursby
Chief Time Keeper:	Anders Lantz
Call Room Chief Judge:	Johan Lundvik
Responsible of food	Fredrik Ahlström
Responsible of Housing:	Göran Ivarsson
Responsible of Transports:	Tony Klang
Referee Running Events:	Mats Malm Lind
Start Referee	Thomas Andrén
High jump referee	Ingela Nilsson
Pole vault referee	Urban Andersson
Long jump referee	Mats Karlsson
Triple jump referee	Magnus Månsson
Shot put referee	Martin Östenberg
Event Presentation Manager	Håkan Widlund
Announcers	David Stridfelt, Linn Bengtsson, Jonas Mellblom (infield)
Video Screen	Ola Lindh
Arena	Jan Sandberg
Media	Therese Ekdahl
Ceremonies	Anders Franzén
Entrance	Kalle Pettersson
Spectator service	Carina Isaksson
Cafeteria	Camilla Fyhrlund
Doctor	Karin Brunnström
Fysio Therapist	Lena Ravelli
Anti Doping Manager	Rolf Trulsson

## Contact information:

If you have any question you are welcome to contact Jan Bengtsson +46 72 239 08 30

**Hospitality desk:** There will be a hospitality desk at the hotel where you can have the help you need. Responsible is Yuan Zhong Wu 0730431887, Jonna Skrifvars +358504322521

**Hotel:** Finland, Norway and Denmark/Iceland stays at Best Western Royal Corner. Sweden stays at Elite Park Hotel. It is 150m between the hotels. They are located in the city center. By our bus transportations it will take about 5 - 10 minutes to the arena. It is about 20 minutes to walk.



Lidbergsgatan 11, 352 32 Växjö, +46 470 70 10 00 Email: [info@royalcorner.se](mailto:info@royalcorner.se)

Västra Esplanaden 10-14 351 06 Växjö, +46 470-70 22 00 Email: [info.parkvaxjo@elite.se](mailto:info.parkvaxjo@elite.se)

**Team meetings** at the hotel are scheduled as follows:

Friday 8 Norway 2000 Finland 2045 Denmark/Iceland 2130

Saturday 9 Norway 1000 Finland 1030 Denmark/Iceland 1100

**Meal times at Restaurant Tipshallen**



Friday	12/2	Dinner	1715-1930	Restaurant Tipshallen
Saturday	13/2	Breakfast	0730- 1030	At hotel
		Lunch	1100 – 1330	Restaurant Tipshallen
		Banquet	2000	Concert Hall
Sunday	14/2	Breakfast	0730-1030	At hotel
		Lunch	1145	Finland
				Restaurant Tipshalleen

Transportation service:

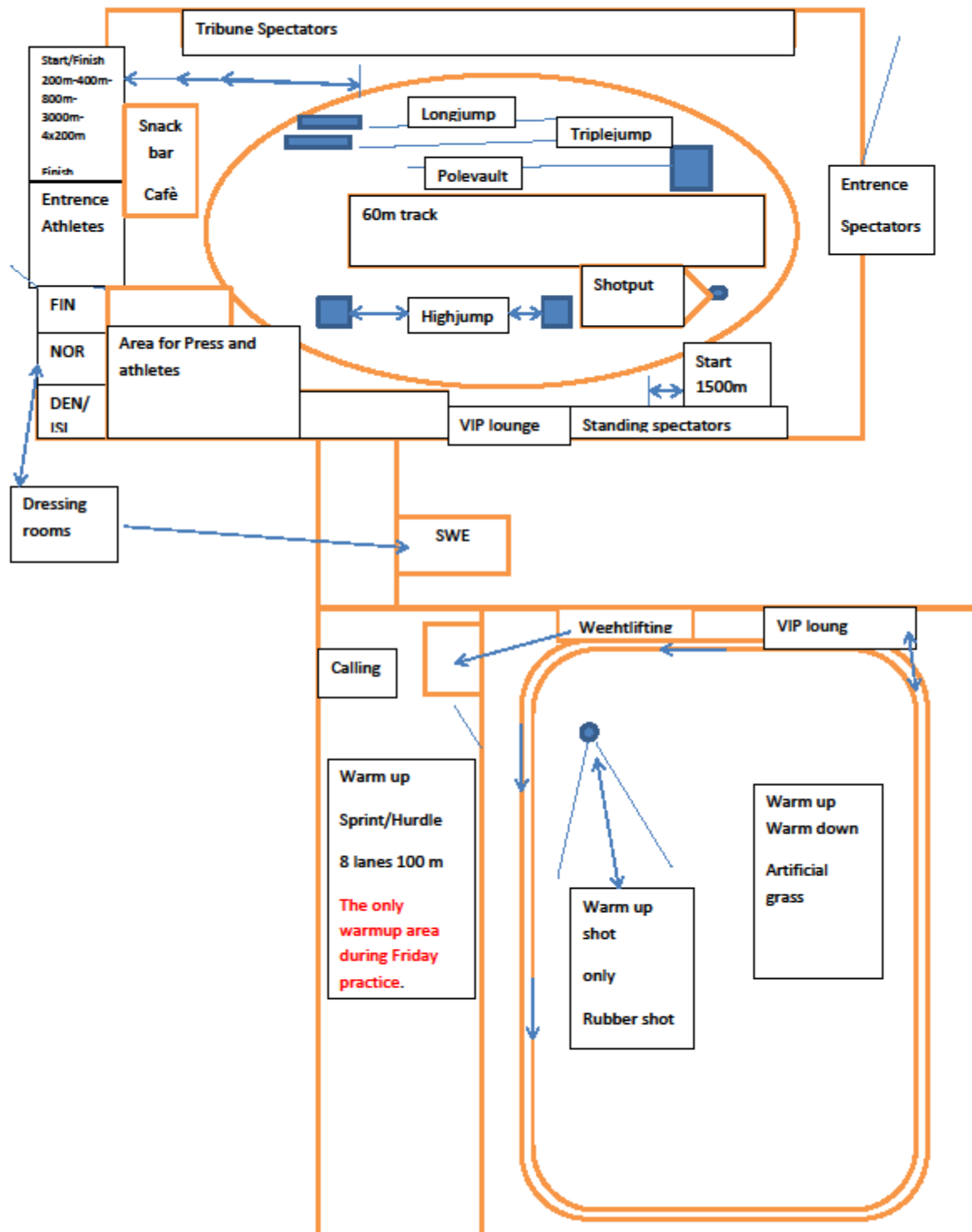
Friday	12/2	Köpenhamn, Kastrup - Växjö, Norway	1200 (3h 15 min)
		Driver - Ingemar Mattsson mob +46 70 546 46 32	
		Göteborg, Landvetter - Växjö, Finland	1215 (2h 45 min)
		Driver - Ulf Karlsson mob +46 72 158 56 30	

All bus transports in Växjö is from **Hotel Royal Corner to Telekonsult Arena and back again**. The Swedish team has to walk from Elite Park Hotel to Hotel Royal Corner. It is no longer than 200m. Be aware of that the bus takes 60 passengers and if it is full you have to wait for the next one.

Friday		From Hotell Royal Corner	From Arena/Restaurant
		1615	
		1700	1715
		1730	1745
		1800	1815
		1830	1845
		1900	1915
		1930	1945
			2015
Saturday	13/2	From Hotel Royal Corner	From Arena/ Restaurant
		1045	
		1115	1130
		1145	1200
		1215	1230
		1245	1300
		1315	1330
		1345	1400
		1415	1430
		1445	1500
		1515	1530
			1730 2 busses
			1800 2 busses
			1830 2 busses
Sunday	14/2	From Hotel to Köpenhamn, Kastrup	Norway 0915
		From Hotel to Lunch	Finland 1145
		From Restaurant to Göteborg, Landvetter	Finland 1230

**Training on Friday night:** It is possible to warm up and work out at Telekonsult Arena. Long- and triple jump pits are closed. It is possible to use the dressing rooms (not for Swedish team) and see the Arena. Warm up and work out is also possible in the warm-up area that has 100m straight 8 lanes. There will be 2 places for weightlifting in the warm up area. The football field is not possible to use until Saturday.

# The Arena





On the outside picture you can see the entrance for athletes to Telekonsult Arena. (Where the buses will stop). On the indoor picture you can see the long jump pit (the closes) and the triple jump pit (the second). After that you can see the beginning of the run-up for pole vault. On the grey surface behind 60m track is the high jump taking part. The dressing rooms for Norway, Finland and Denmark/Iceland are the three blue doors on the right. The door that leads out to warm up and calling is the one in the middle of the picture. It also leads to the dressing room for Sweden.

**Calling:** Will be in the warm up area. Running events is 15 min prior to start. Hurdles are 20 min, Long- Triple-, High jump and Shot put is 30 min. Pole vault is 45 min. Athletes is allowed to wear spikes in the area between calling and competition.

**Spikes:** Maximal length of the spikes is 6mm.

**200m and 400m** will be run in two heats. Lanes 3, 4, 5 and 6 will be used. **Relay** will be run in lanes 3, 4.5 and 6

**Accreditation:** You need your accreditation to get into the Arena and warm up area and to get food at the Restaurant

**Entering the arena:** Athletes are walking together with an official to the track from the calling area.

**Leaving the arena:** Athletes shall leave the arena direct after the event finish through the mixed zone

**Warm up clothes:** In the running events there will be baskets to put clothes in. They will be transported to mixed zone after start.

**Pole vault:** Black Pole Tips are not usually allowed in the arena. To make it possible to use black pole tips we have agreed to a compromise. Use white or yellow tips in practice and warm up and black during the competition. There are white pole tips to buy in the arena

**Victory Ceremony:** There will not be any victory ceremony

**Best performance:** 1 Man and 1 women on each team will be selected by the 4 head coaches. The award will be handed out at the Banquet on Saturday night.

**Results:** Will be announced on the big screen in the Arena. Results will also be published in the mixed zone. Results will also be out on the web as soon as the list is written

**Team results** will be announced after every event on the main scoreboard

**Event standings** will be shown continuity with National flags at the technical events

**Dressing room:** All 4 teams will have their own dressing room marked with a flag on the door. There will be one men and one female section in each dressing room.

**Bar-Height**

*High Jump Men*

192-198-202-206-209-212 + 2 cm

*Pole Vault Men*

469-483-497-506-515-521-527 + 5 cm

*High Jump Women*

159-165-171-175-179-182-185 + 2 cm

*Pole Vault Women*

372-393-407-421-430-439-445-451 + 5 cm

**Implement List:** Iron shots will be used. We offer: 4kg (2x95mm, 2x100mm, 1x105mm, 1x110mm) 7,2kg (1x113mm, 2x115mm, 1x117mm, 1x120mm, 1x125mm, 1x128mm).

**At the warm up area for shot put** you can only use rubber shot. We will offer 2 shots 4kg and 2 shots 7,2 kg

## Drawing of lanes

### Men

Order	1	2	3	4	5	6	7	8
60	A	B	C	D	A	B	C	D
200 – A			B	C	D	A		
200 – B			D	A	B	C		
400 – A			C	D	A	B		
400 – B			A	B	C	D		
800	C	D	A	B	C	D	A	B
1500	B	C	D	A	B	C	D	A
3000	A	D	B	C	A	D	B	C
60mh	D	A	B	C	D	A	B	C
High Jump	A	B	C	D	A	B	C	D
Pole Vault	D	C	B	A	D	C	B	A
Long Jump	B	C	A	D	B	C	A	D
Triple Jump	A	D	B	C	A	D	B	C
Shot Put	C	A	D	B	C	A	D	B

### Women

Order	1	2	3	4	5	6	7	8
60	C	D	A	B	C	D	A	B
200 – A			D	A	B	C		
200 – B			B	C	D	A		
400 – A			A	B	C	D		
400 – B			C	D	A	B		
800	A	B	C	D	A	B	C	D
1500	D	A	B	C	D	A	B	C
3000	C	B	D	A	C	B	D	A
60mh	B	C	D	A	B	C	D	A
High Jump	C	D	A	B	C	D	A	B
Pole Vault	B	A	D	C	B	A	D	C
Long Jump	D	A	C	B	D	A	C	B
Triple Jump	C	B	D	A	C	B	D	A
Shot Put	A	C	B	D	A	C	B	D

A = Finland

B = Norway

C = Denmark/Iceland

D = Sweden

**Drawing** of lanes, jump- and throwing order is the 3 February on the web.



**The Technical meeting:** Will take part at Royal Corner Hotel on Friday at 1900. Each country can enter 4 persons.

**The agenda for the technical meeting:**

1. Chairman of the meeting.
2. Jury, with participants from different country.
3. Routines for protests, when, were and the cost of turning in a protest.
4. Presentation of key-persons.
5. Time schedule.
6. Seeding/throwing order/jumping order.
7. Changes in the start lists.
8. Information about how late changes can be made.
9. Information about the arena, Calling, technical information center, warm-up and technical leader.
10. Start-command.
11. Transport information.

**Time schedule:**

Kl.	Running	Long jump	Triple Jump	High Jump	Pole Vault	Shot Put
1300					Men	
1330	Youth Relays					
1350	Opening ceremony					
1400		Women				
1405			Men			
1410	W 60 m hurdles					
1415				Women		
1420	M 60m Hurdles					
1430	W 60m					
1440	M 60m					
1455	W 800m					
1500						Women
1505	M 800m					
1520	W 3000m					
1530					Women	
1535	M 3000m					
1545		Men				
1550	Youth Relays					
1555			Women			
1600	W 400m h1					
1605	W 400m h2					
1610				Men		
1615	M 400m h1					
1620	M 400m h2					
1625						Men
1630	W 200m h1					
1635	W 200m h2					
1645	M 200m h1					
1650	M 200m h2					
1705	W 1500m					
1715	M 1500m					
1725	W 4x200m					
1735	M 4x200m					

**Opening ceremony:** There will be an opening ceremony that will take around 6 minutes. A team of around 20 young athletes from the organizing club will run around the track with the different teams' flags and during that time the national anthem will be played in the following order 1. Denmark 2. Finland, 3. Iceland, 4. Norway, 5. Sweden. There will be a welcome speech for about 50 seconds

**Closing ceremony:** The National anthem of the winning nation/nations will be played and the team can run a lap of honor.

**Scoring:** 9-7-6-5-4-3-2-1 in individual events and 9-6-3-1 in relays

**Seeding of lanes:** 5, 6, 4, 3, 2, 1

**Seeding of lanes in relay:** The leading team lane 5, second team lane 6, third team lane 4 and so on.

**Relay team:** Names and running order has to be handed in 60 min prior to start at the competition office

**Protest:** 30 minutes, after the result is announced, to the competition office. The fee is 800Skr cash

**Coaches' stands:** There will be 2 places/team at the stands in front of long/triple jump and pole vault. There will be marked places at the other side for coaches in shot put and high jump. No one will be allowed to be on the infield at any time whiteout competing.

**Athlete's stands:** The main tribune is only for spectators. Athletes can be on the other side.

**Medical care:** There will be a competition doctor and a therapist at the Arena between 1230-1800. They will be at the mixed zone.

**Press conference:** Friday at 1630 at Telekonsult arena. We wish all nations to bring the Head Coach and 2-4 athletes.

**Antidoping:** There will be some tests done. If any national records go to the Anti Doping room and order a test. Afterwards the costs for the test will be billed by invoice the federations.

**Welcome**