



INVITATION NORDIC MATCH INDOOR

It is a great honour for us to welcome you to the Nordic Indoor Match between Denmark/Iceland, Finland, Norway and Sweden at IFU Arena in Uppsala, Sweden.



In this document you will find some useful information. Please read it and do not hesitate to contact us for further information if needed.



Match Agreement

Match: Denmark/Iceland, Finland, Norway and Sweden.

Sex: Men and women.

Age: Seniors.

Venue; time: Uppsala, Sweden; Sunday, 11 February 2018.

No. of athletes: 2 athletes per team per event.

Scoring: Individual events 9, 7, 6, 5, 4, 3, 2, 1 points.

Programme of events: **Men:** 60m, 200m, 400m, 800m, 1500m, 3000m, 60m hurdles, High jump, Pole vault, Long jump, Triple jump and Shot put
Women: 60m, 200m, 400m, 800m, 1500m, 3000m, 60m hurdles, High jump, Pole vault, Long jump, Triple jump and Shout put.

Financial:

- **Travels** Each federation pays its own costs.
- **Room and board** Each federation pays its own costs.

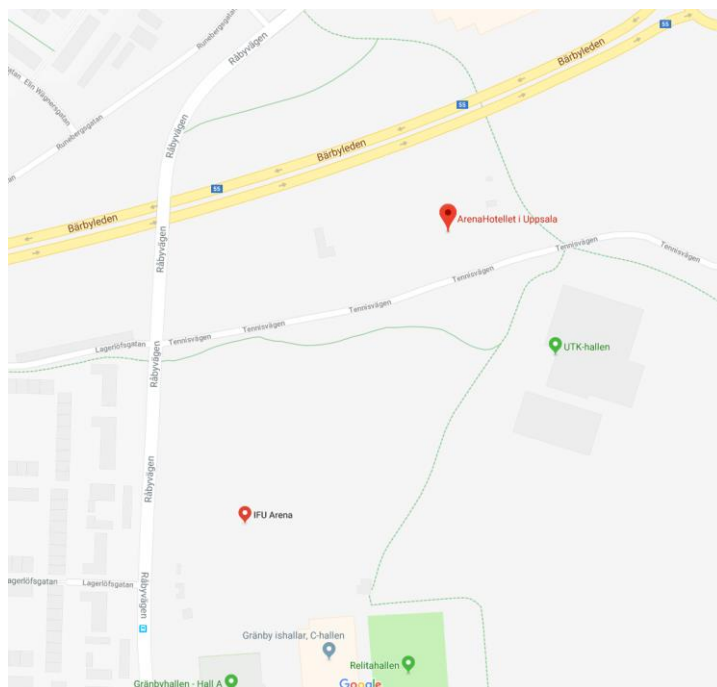
Entries:

In order to prepare for welcoming your teams in Uppsala, we kindly ask you to accept the following deadlines:

- **8th of January** the local contact wants to know:
 1. Team size: number of athletes and officials
 2. Team travel details: arrival and departure dates and times.
- **5th of February** we want the final entries and the room lists.

Room and board: The cost is 90 euro per person for one night if you stay in twin room or twin room with extra bed. The price includes breakfast, one lunch and one dinner. Single room will cost extra.

Local Transportations It is a 2-minute walk between the hotel and IFU Arena.



Transfer The distance between Stockholm-Arlanda airport (ARN) and Uppsala is about 30 km (25-30 min driving time). Bus transfer from and to ARN will be arranged for teams and is included in the room and board price. The railway station is in the centre of the city. We will arrange transportation from the station to the hotel for those who need, just inform us in advance.

Financial: We will send you an invoice based on the figures you give us the 8th of January. You shall pay for transfers, room and board.



Contact Swedish

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Local contact:

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Best Regards

Upsala IF Friidrott

