



# Team Manual

## Nordic Indoor Match

Denmark/Iceland, Finland, Norway, Sweden

12-13 February 2022

IFU Arena, Uppsala, Sweden

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

Version 2022-02-03

 **BAUHAUS**

ATERA  **cytiva**

**CRAFT**  **Folksam**  
FUNCTIONAL SPORTSWEAR

**Prioritet  
Finans**

 **Biotage**

 **Toni Reklam**



**IFUARENA**  
IDROTT OCH EVENEMANG



## 1. Key Persons for the event

Swedish Athletics representative:	Johan Storåkers
Technical delegate:	Mats Svensson
Medical delegate:	Jenny Jacobsson
Swedish Athletics competition manager:	Daniel Bergin (+46 10 476 53 36)
General Secretary:	Peter Jonsson (+46 70 986 02 32)
Meeting director:	Richard Andersson (+46 70 716 24 39)
Competition director:	Anders Gustafsson
Technical manager:	Tord Hallberg
Competition secretary:	Jakob Jonsson
Photo finish judge:	Ulf Thornander
Calling Chief:	Mikael Axelsson
Referee Running events:	Erik Söderlind
Start referee:	Thomas André
High jump referee:	Jonas Essman
Pole vault referee:	Per Måwe
Long jump referee:	Mats Ahlgren
Triple jump referee:	Lina Haglund
Shot put referee:	Anna Forsberg
Weight throw referee:	Anna Forsberg
Event presentation manager:	Silke Tindrebäck
Announcers:	Ove Sjöblom, Richard Andersson
Arena:	Staffan Karlsson
Media:	Peter Jonsson
Spectator service:	Kirsti Wennberg
Doctor:	Joakim Hennings
Accommodation/transport manager:	Elisabeth Sunding

### **For any question, please call your team contact:**

Team contact Norway:	Elisabeth Sunding	+46 (0)736 484913
Team contact Finland:	Jussi Peura	+46 (0)722 694236
Team contact Denmark:	Jan Dahl	+46 (0)706 037405
Team contact Iceland:	Elisabeth Sunding	+46 (0)736 484913
Team contact Sweden:	Elisabeth Sunding	+46 (0)736 484913
	Alexander Ebbestad	+46 (0)739 668999

**Hospitality desk:** There will be a hospitality desk at the hotel for your support.  
Responsible: Elisabeth Sunding +46 (0)736 484913

## 2. Final registration

The final date for registration is Friday 11 February at noon. Each team should use the specific registration form and organize their athletes according to the drawing scheme. The registration form shall be sent to [njakobj@gmail.com](mailto:njakobj@gmail.com)

Dinner on Sunday 13 February should be booked latest 8 February at noon via mail [elisabeth.sunding@gmail.com](mailto:elisabeth.sunding@gmail.com)

### 3. General information

#### The Arena (IFU Arena)

The arena plan is shown in Appendix 1 with all needed information. The address is Råbyvägen 77, Uppsala, Sweden. ([www.ifuarena.se](http://www.ifuarena.se))

**Hotel:** All teams stay at Arenahotellet (<https://arenahotellet.se/>) about two minutes walking time from IFU Arena. Address: Edith Södergrans gata 6, Uppsala, Sweden.

#### Meals

Meal times for the different teams will be decided on prior to and informed at arrival. Food allergies and preferences - please contact [elisabeth.sunding@gmail.com](mailto:elisabeth.sunding@gmail.com) no later than 8 February at noon.

**Transportation to and from Arlanda airport** according to separate team schedules.

### 4. Saturday 12 February

**Team meetings:** Please contact [elisabeth.sunding@gmail.com](mailto:elisabeth.sunding@gmail.com) for your preferences on time and we will try to accommodate.

**Technical meeting:** Will take place at 16:00 Saturday 12 February at IFU Arena. Each country can participate with four persons.

#### Agenda:

1. Chairman of the meeting
2. Presentation of key officials and other participants of the meeting
3. Jury of appeal, with members from different teams
4. Routines for protests and appeals: "when, where and the cost of turning in an appeal"
5. Time schedule
6. Lanes/throwing order/jumping order
7. New WA rules (running events, long and triple jump, shoes)
8. Start list changes
9. Information about how late changes can be made
10. Information about the arena (field of play, calling, technical information center, warm-up and implement check)
11. Call room procedures and times
12. Start commands
13. Best performance awards
14. Meal information

**Training on Saturday:** IFU Arena will be open and visit the field of play for warm-up and training 15:00-18:00. Long jump and Triple jump pits will be closed. Shot put training in the competition throwing circle can take place between 15:00 and 17:00. The warm-up area, which has five straight 100 m lanes, will also be open for warm-up and training.

**Poles for pole vault** should be brought directly through the door marked on the map (Appendix 1) on Saturday. Call Elisabeth Sunding (+46 (0)736 484913) for access. No poles are allowed into the hotel.

**Weight Throw** will be performed on Saturday evening in the track arena.

The rules shall be the same as for Hammer Throw, with one exception: The whole implement (including the handle) must land completely within the landing sector for a trial to be valid. Implement weights: Men: 15.88 kg; Women: 9.08 kg

**Implement weigh-in times:** Saturday 16:00-17:00 close to the shot put area under the main tribune (see map in Appendix 1).

**Implement List:** Rubber weights will be used.

We offer:

**9,08 kg:** Gill Orbiter red

**15,88 kg:** Gill Orbiter red, MF Athletic yellow

## 5. Sunday 13 February

**Entering the arena:** An official will accompany the athletes from the warm-up area to the field of play.

**Leaving the arena:** Athletes shall leave the field of play directly after the event is finished through the mixed zone.

**Call room procedures:** Due to the pandemic, call room procedures will be simplified. Adjacent to each team's warm-up area, there will be a table where athletes can confirm their participation and officials check that they wear the right bib number. Athletes will enter the field of play accompanied by an official:

- 15 minutes prior to start of track events
- 30 minutes prior to start of field events (except pole vault)
- 45 minutes prior to start of pole vault

Athletes are allowed to wear spikes in the area between calling and competition.

**Warm up clothes:** In the running events there will be baskets for clothes etc. They will be taken to the respective team's calling area after start.

**Shoes:** The athlete is responsible for using shoes that are approved for competition, which means that the shoe model must be included in the latest version of World Athletics' Approved Shoe List and the sole thickness must not exceed 25 mm (for 800m, 1500m, 3000m and triple jump) or 20 mm (all other events). Maximum length of spikes is 7 mm.

Removable inner soles or heel caps are allowed for medical reasons. If an inner sole or heel cap results in the sole being thicker than 25/20 mm, athletes must present relevant medical information setting out the reasons why the customisation is necessary.

If athletes are found to be wearing non-compliant shoes, fail to present necessary medical information or do not present themselves to shoe control when requested, they can be disqualified by the referee or shoe control manager.

**200m** will be run in three heats. Lanes 2-4 will be used. Teams are recommended to place their best runner in heats 2-3, lanes 3-4.

**400m** will be run in two heats. All lanes will be used. Teams are recommended to place their best runner in heat 2.

**800m:** The athletes will be divided into two groups. Runners in lane order 1-5 (1-6 in races with pacemaker) will start on the regular arced start line and runners in lane order 6-8 (7-8 + the pacemaker in races with pacemaker) on the separate arced start line marked across the outer half of the track. The break line will be marked with small cones.

**Pacemaker:** Pacemakers are planned to be used in middle distance events. Decision on pace will be taken during the technical meeting.

### **Jumping/throwing order**

Rule TR 25.6.1 will not be used. The athletes will compete in the same order through all six rounds of the long jump, triple jump, shot put and weight throw.

## Starting heights and progression in vertical jump events

Will be decided after the final entries.

**Implement List:** Iron/steel shots will be used.

We offer:

**7,26 kg:** Nordic 117 mm; Polanik 115 mm, 127 mm, Vinex 129 mm

**4 kg:** Polanik 95 mm, 106 mm, 110 mm; Nordic 104 mm

**Implement weigh-in times:** Saturday 16:00-17:00 and Sunday 11:00-12:00 close to the shot put area under the main tribune (see map in Appendix 1).

## Drawing of lanes/start order

### Men

Order	1	2	3	4	5	6	7	8
60m	A	B	C	D	A	B	C	D
200m, h1			B	A				
200m, h2		D	A	C				
200m, h3		C	B	D				
400m, h1	C	D	A	B				
400m, h2	A	B	C	D				
800m	C	D	A	B	C	D	A	B
1500m	B	C	D	A	B	C	D	A
3000m	A	D	B	C	A	D	B	C
60m H	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
Weight Throw	A	D	B	C	A	D	B	C

### Women

Order	1	2	3	4	5	6	7	8
60m	C	D	A	B	C	D	A	B
200m, h1			D	C				
200m, h2		A	C	B				
200m, h3		B	D	A				
400m, h1	B	C	D	A				
400m, h2	D	A	B	C				
800m	A	B	C	D	A	B	C	D
1500m	D	A	B	C	D	A	B	C
3000m	C	B	D	A	C	B	D	A
60m H	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
Weight Throw	C	D	A	B	C	D	A	B

A = Norway

B = Denmark / Iceland

C = Sweden

D = Finland

**Scoring:** 9-7-6-5-4-3-2-1.

**Protest and appeals:** Protests concerning the result or conduct of an event shall be made to the Referee within 30 minutes from the official announcement of the result of that event. The Referee's decision on the protest can be appealed to the Jury of Appeal within 30 minutes. Exception: in the two last running events, the protest and appeal time is limited to 10 minutes each. The appeal deposit is USD 100, SEK 970 or EUR 90.

**Coaches' seats:** See the map in Appendix 1 for coach seats for respective technical events.

**Medical care:** There will be a competition doctor at the arena between 11:00 and 18:00, located according to Appendix 1.

**Antidoping:** Test will be performed according to the regulations in the Nordic Handbook. If additional tests are required for ratification of a national record, Team Officials can order a test via the competition secretary. Cost for additional tests will be invoiced to the National Federation that ordered the test.

**Results:** Will be announced on the big screen in the arena. Results will also be out on the web as soon as the results are confirmed.

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

**Opening ceremony:** There will be an opening ceremony. The Swedish national anthem will be performed followed by a welcome speech for about one minute.

**Closing ceremony:** The National anthem of the winning nation/nations will be played.

## 6. Time schedule

<b>Saturday 12 Feb</b>		
	<b>Men</b>	<b>Women</b>
<b>19:30</b>		Weight Throw
<b>20:30</b>	Weight Throw	
<b>Sunday 13 Feb</b>		
	<b>Men</b>	<b>Women</b>
<b>12:00</b>		Pole Vault
<b>12:30</b>	<i>Opening ceremony</i>	
<b>12:40</b>	Triple Jump	
<b>13:05</b>		60 m H
<b>13:10</b>		High Jump
<b>13:15</b>	60m H	
<b>13:20</b>		Long Jump
<b>13:25</b>		60m
<b>13:35</b>	60m	
<b>13:45</b>	Shot Put	
<b>14:00</b>		800m
<b>14:10</b>	800m	
<b>14:25</b>		3000m
<b>14:30</b>		Triple Jump
<b>14:35</b>	Pole Vault	
<b>14:40</b>	3000m	
<b>15:00</b>		400m h1
<b>15:05</b>		400m h2
<b>15:10</b>	High Jump	
<b>15:15</b>	Long Jump	
<b>15:20</b>	400m h1	
<b>15:25</b>	400m h2	
<b>15:30</b>		Shot Put
<b>15:35</b>		200m h1
<b>15:40</b>		200m h2
<b>15:45</b>		200m h3
<b>15:55</b>	200m h1	
<b>16:00</b>	200m h2	
<b>16:05</b>	200m h3	
<b>16:20</b>		1500m
<b>16:30</b>	1500m	
<b>16:40</b>	<i>Closing ceremony</i>	