



SWEDISH ATHLETICS



UPSALA IF
friidrott

TEAM MANUAL

Match SWE-FIN
Combined Events

Nordic Junior and Youth Championships
in
Combined Events

Uppsala, Sweden
8-9 June 2019

General Information

For general questions regarding the combined events match EST-FIN-SWE and the NJCCE, please contact: Daniel Bergin daniel.bergin@friidrott.se +46 73 626 1733 or Competition Director Christian Östervall c.ostervall@gmail.com +46 72 199 7660

Travel information

Arrivals, Thursday June 6th

Team	Number of team members	Arrival time	Flight number	Terminal
Iceland	10 + poles	21.20	FI312	5

Departures from Arlanda Airport, Thursday June 6th

22.00

Poles and 7 team members in minibus. 3 team members in private car.
Contact Daniel Bergin +46 70 2674041 at arrival.

Arrivals, Friday June 7th

Team	Number of team members	Arrival time	Flight number	Terminal
Norway	20 + poles	12.00	SK484	5
Finland	32	12.20	AY807	5
Denmark	13	15.40	SK406	5
Denmark	2	15.50	SK2490	5

I would recommend that the teams from Norway, Finland and Iceland have lunch at Arlanda Airport before you leave for Uppsala. There are plenty of options for lunch at the Airport: <https://www.swedavia.com/arlanda/food-beverages/>

Bus departures from Arlanda Airport, Friday June 7th

14.00 (Norway+Finland)

Bus departure from Terminal 5, follow signs to Chartered coaches (bus stop 14-20)
Poles will be carried by minibus from Arlanda

16.30 (Denmark)

Bus departure from Terminal 5, follow signs to Chartered buses (bus stop 14-20)

Departures, Sunday June 9th

Team	Departure time	Flight number	Terminal
Norway	19.05	SK493	5
Denmark	19.55	SK411	5
Denmark	20.05	SK2491	5
Iceland	22.20	FI313	5

Bus departures from Uppsala, Sunday June 9th

There will be two bus departures from Uppsala. The first one will leave at **16.50** (Norwegian team members will be priority passengers on the first bus due to their early flight from Arlanda) and the second one at **18.00**. Poles will be carried by minibus.

Departures, Monday June 10th

Team	Departure time	Flight number	Terminal
Finland	14.35	AY810	5

Bus departure from Uppsala, Monday June 10th

There will be one bus for the Finnish team, leaving Arenahotellet at 12.45.

Hotel Information

Room and board official hotel is Arenahotellet in Uppsala www.arenahotellet.se

Technical Meeting

The technical meeting will be held at 20.00 Friday June 7 at Arenahotellet.

Training Venue

Uppsala Friidrottsarena will be open for training on Friday June 7. There might be some disturbances due to preparations of the arena for the competition. We hope that the athletes will respect that.

Warm-up

Warm-up before events take place in the arena (if possible) otherwise directly outside the arena.

Bibs and competition suit

The bibs must not be cut, folded or obscured. The bibs are personal and must not be switched between competitors or handed over to a substitute. The bib shall be pinned on the front of the competition suit. The competitors must wear their official national team suit. In Pole jump the bib can be on the back

Starting Commands

The starter's commands are: "on your marks" – "set" – "fire of the gun".

If the starter is not satisfied that all is ready or otherwise aborts that start, the command is "Stand up".

Spikes

Maximum 9 mm for running, Long Jump and Pole Vault. 12 mm for High Jump and Javelin Throw.

Jumping Progression

High Jump 160 ±3 / Pole Vault 475 ±10

Results

The official scoreboard will be on the wall next to the secretariat.

Results will also be available at <https://estkampen2019.com>

Calling

Each team will confirm their competing athletes at Technical Meeting. No further calling is needed. If an athlete wishes to discontinue once the competition has started, the Competition Secretary shall be notified.

Opening Ceremony

There will be a short Opening Ceremony at 12.00, Saturday 8th June.

Victory Ceremony

The victory ceremony for the match and the Junior Championships will take place after the last event in each age group.

Doping tests

There will be doping tests taken, If there are any wishes for extra tests (national record etc) please contact the doping delegate and the cost will be charged the national federation of the athlete.

Meals

Breakfast will be served at Arenahotellet; Saturday & Sunday 6.30–10.00.

Lunch & Dinner will be served in IFU Arena restaurant:

Friday dinner (salad, bread, butter, meal drink, coffee included) 17.30–19.30

- Baked pork with roasted potatoes and Parmesan cream
- Veg- Edamam bean steaks with roasted potatoes and parmesan cream

Saturday lunch (salad, bread, butter, meal drink, coffee included) 11.00–15.00

- Pasta bolognese with cheese
- Pasta paste with soybean sauce and cheese

Saturday dinner (salad, bread, butter, meal drink, coffee included) 18.00–20.00

- Baked chicken with roasted potatoes and basil crème
- Veg-chickpeas with herbs and garlic served with roasted potatoes and basil crème

Sunday lunch (salad, bread, butter, meal drink, coffee included) 11.00–14.00

- Beef lasagna with cheese
- Veg vegetarian lasagna with beans soybean and cheese

Official web page

The official webpage for the competition is: <https://estkampen2019.com>

Finances

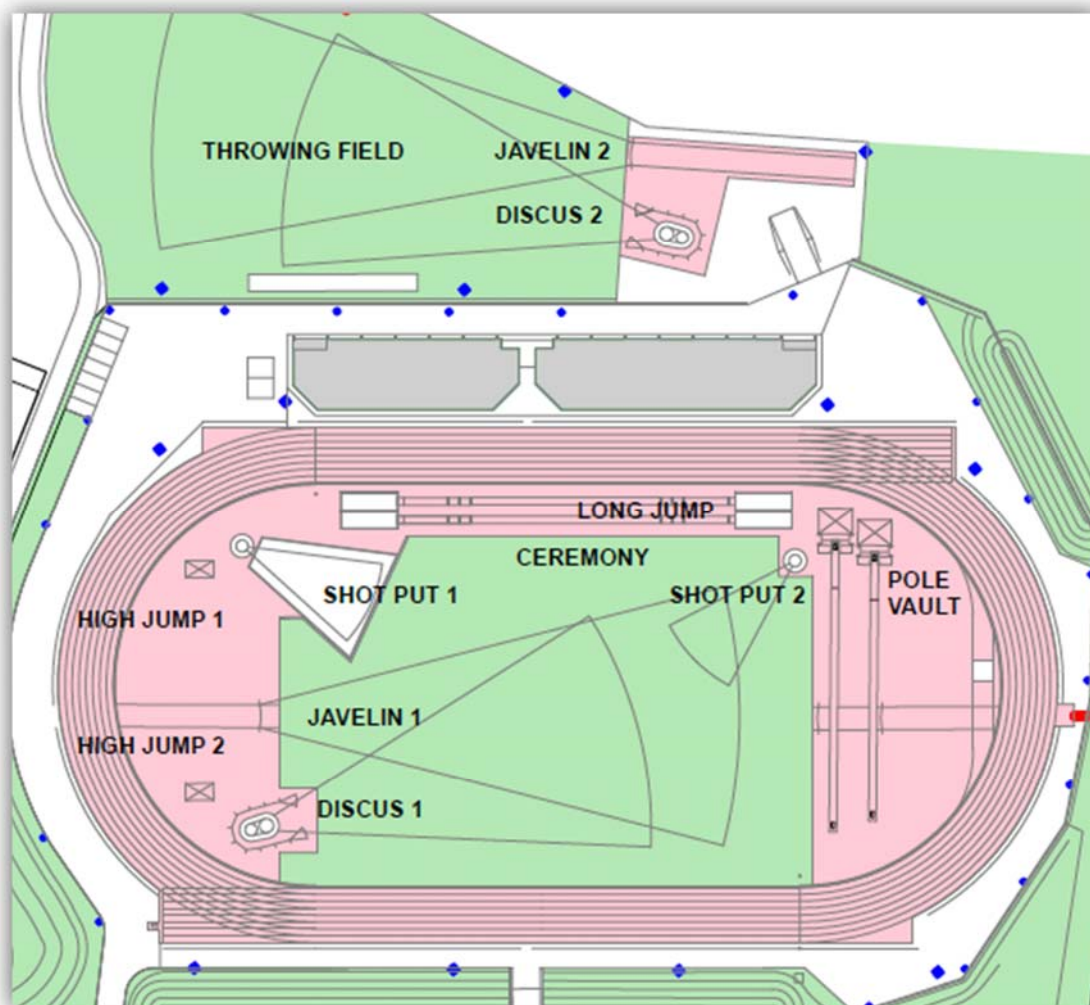
Each federation pays for their own costs as agreed. We will send you an invoice after the competition.

Welcome to Uppsala, Sweden!

Sincerely,

Christian Östervall
Competition Director
Uppsala IF Friidrott
+46 72 199 7660
c.ostervall@gmail.com

Uppsala Friidrottsarena



E4 TO GÄVLE

**E4 TO STOCKHOLM
AND ARLANDA AIRPORT**

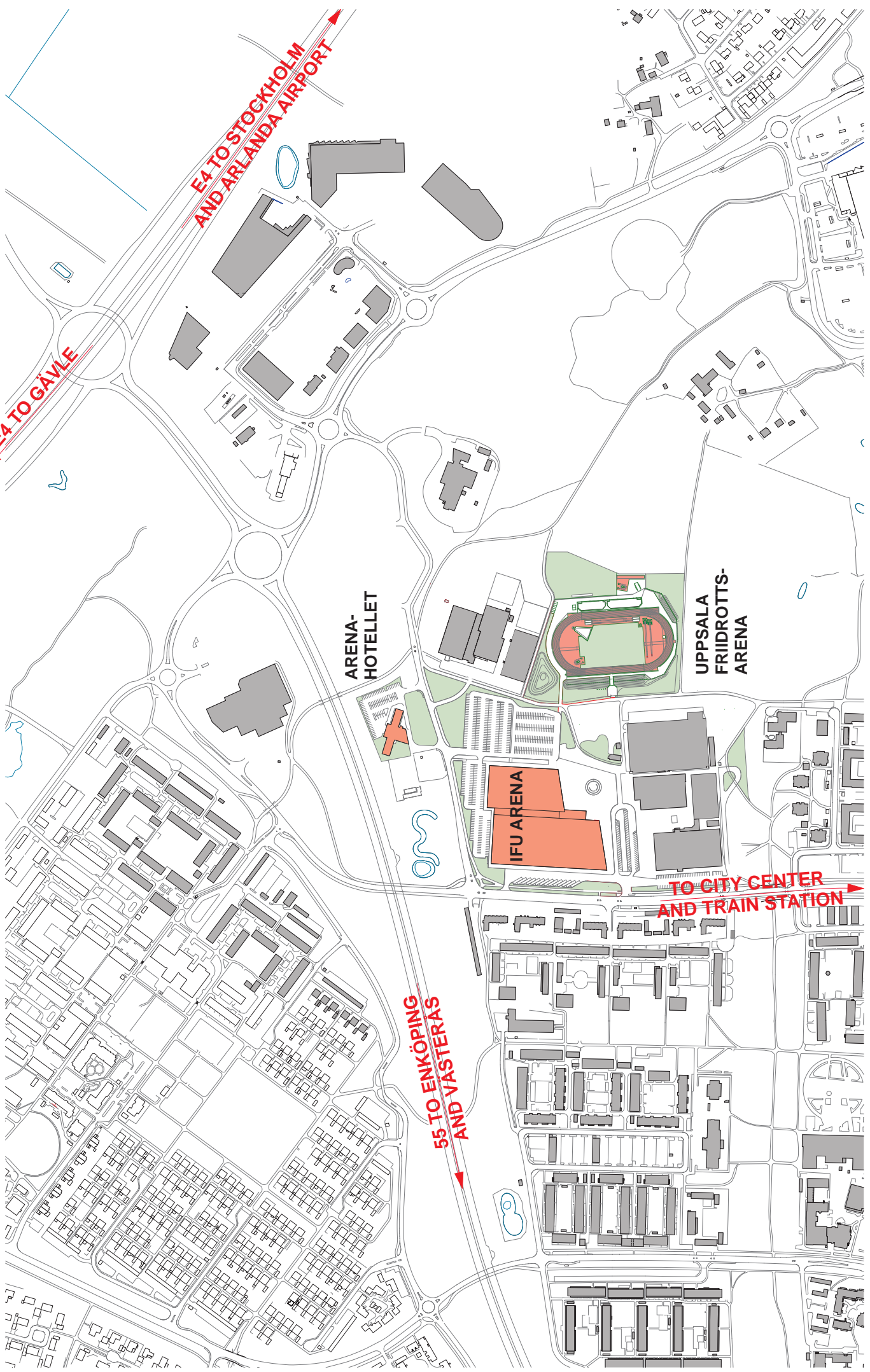
**ARENA-
HOTELLET**

**UPPSALA
FRIDROTTS-
ARENA**

IFU ARENA

**TO CITY CENTER
AND TRAIN STATION**

**55 TO ENKÖPING
AND VÄSTERÅS**



Agenda Technical meeting

1. Welcome and presentation of the delegates
2. Lunch and dinner tickets are handed out
3. Bibs are distributed to each national team
4. The match is held under the Rules of the Nordic Handbook and IAAF rules
5. Number of competitors counted in the match Sweden-Finland-Estonia, 3 men, 3 women
The points in the match Sweden-Finland-Estonia.
6. Iceland replaces Estonia in the M class (outside the competition)
7. Pole Vault is divided into groups 1 and 2 (M / M U23) & (U18 Boys / M U20)
8. Competitors that want to discontinue their participation shall contact the referee or the Competition Secretary.
9. The enclosed schedule is preliminary and may be changed. Normally there will be an interval of at least 30 minutes between the time one event ends and the next event begins.
10. Personal throwing implements can be used. The equipment must be checked by our Technical Manager and shall be handed in immediately after Technical Meeting.
11. Event Presentation: All announcements will be made in Swedish and English.
12. Appointment of Jury of appeal.
13. If there are any protests, they must be presented to the Competition Secretary within 30 minutes from the announcement of the results by the announcer. The protest deposit is 950 SEK or 90 EUR.
14. Seeding of heats (track events) and groups (pole vault): Relevant information shall be handed over to the Competition Secretary immediately after Technical Meeting.
15. Competition hours:

Class	Saturday June 8 th		Sunday June 9 th	
	Start	<i>Ends approx</i>	Start	<i>Ends approx</i>
M (M)	11.10	19.00	10.45	17.45
U23 (M22)	11.00	18.45	10.45	17.45
U20 (P19)	10.30	17,45	09.15	16.30
Boys U18 (P17)	10.15	17.30	09.00	15.45
W (K)	11.40	17.00	13.00	16.00
U23 (K22)	11.30	16.30	11.45	15.00
U20 (F9)	09.45	15.00	10.45	14.30
Girl U18 (F17)	09.30	14.45	09.15	13.30