

UMEÅ '17

NORDIC JUNIOR MATCH & CHAMPIONSHIPS

19-20th
AUGUST



TEAM MANUAL

1. Championship website

For information and updates, please visit <http://umea2017.com/>

2. Final Registration Date

The final date for registration is Monday, August 14. Each national team should use its own specific registration form and organize the athletes according to the drawing scheme (appendix 1).

3. Arrival

Bus transports to the hotel have been organized according to announced arrivals. (Appendix 3).

4. Hotel – Accommodation

The national teams will be accommodated in single, double and twin rooms at Hotel Scandic Umeå Syd, Yrkesvägen 8, Umeå: <https://www.scandichotels.se/hotell/sverige/umea/scandic-umea-syd>. Scandic Umeå Syd, located within walking distance from the city center, is booked in full for the Nordic Championship. Thus, all hotel facilities are for the convenience of athletes and leaders.

5. Team Meetings

Conference rooms close to the hotel reception can be used for team meetings.

6. Meals

Buffet breakfast will be served from 06.30 to 09.30

Lunch will be served close to the arena, at restaurant Hanson & Hammar in IKSU Sports Center from 11.00 to 15.00. (menu in appendix 5)

Buffet dinner on Friday and Saturday will be served at the hotel from 17.00 to 21.00.

7. Transportation from hotel to competition venue

The organizer provides shuttle bus transports to and from the competition arena. The timetable is presented in Appendix 3, and on information boards at the hotel.

8. Technical Meeting

The Technical Meeting will be held on Friday August 18 at 18.00 at Scandic Umeå Syd. The agenda for the Technical Meeting is presented in Appendix 7.

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.

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

Dressing rooms and showers are located at IKSU Sports Center Arena, close to the arena (see map, appendix 6). The warming-up area is located a few 100 m northwest of the arena, on the campus area of Umeå University (see map, appendix 6). Except for hammer throwers, the arena infield area can not be used for warming up. For hammer, warming-up in the arena is allowed from 10.00 on Saturday and from 08.00 on Sunday. Awareness is crucial near all throwing events at the stadium and the warming- up area.

10. Participation folders

Team Leaders will receive the folders at the information desk at the hotel.

11. Call Room

The Call Room will be at the north end of the arena, building B (see map). Shoes with spikes are not allowed inside the building. The change to spikes must be done in the tent just outside the exit from the call room.

You find a Call Room time table 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 time table.

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.

12. Introduction of participants

All participants will be lined up and introduced individually before the start of each event.

13. Personal Implements Check

Personal throwing equipment must be checked and marked as approved by the Technical Manager before the competition.

Javelins, shots and discuses must be presented to the Technical Manager (see map, building A) not later than 90 minutes before the start of each event. All hammers must be presented at the information desk at the hotel, no later than 21.00 the evening before competition. Personal throwing equipment is returned at building A after the events.

14. Result service

There will be an online result service during the competition. Official results will also be presented continually.

15. Medical Aid

There will be a First Aid Group at the Stadium on Saturday 11.00-16.30 and Sunday 09.00-14.00 (building B).

16. Victory Ceremonies

For each event, 1st, 2nd and 3rd place athletes and relay teams will be called to the victory ceremony. The victory ceremony for each event will take place as soon as possible after the event. The national championship victory ceremony will take place as soon as possible after the last event on Sunday. Victory ceremony assembly point is in building D, see map.

WELCOME TO UMEÅ!

On the behalf of the Organizing Committee

Anton Jonsson, Secretary General

Hans Nilsson, Competition Director

APPENDIX 1: DRAWING SCHEME

Runner lanes

	DEN/ISL	FIN	NOR	SWE
100m M	4+8	3+7	2+6	1+5
100m W	1+5	2+6	3+7	4+8
200m M	1+5	2+6	3+7	4+8
200m W	3+7	1+5	4+8	2+6
400m M	3+7	1+5	4+8	2+6
400m W	2+6	4+8	1+5	3+7
800m M	2+6	4+8	1+5	3+7
800m W	4+8	3+7	2+6	1+5
110m Hurdles M	3+7	1+5	4+8	2+6
100m Hurdles W	4+8	3+7	2+6	1+5
400m Hurdles M	1+5	2+6	3+7	4+8
400m Hurdles W	1+5	2+6	3+7	4+8
4x100m Relay M	5	2	3	4
4x100m Relay W	4	5	2	3
4x400m Relay M	3	4	5	2
4x400m Relay W	5	2	3	4

Runner positions at start line

	DEN/ISL	FIN	NOR	SWE
1500m M	3+7	1+5	4+8	2+6
1500m W	4+8	3+7	2+6	1+5
5000m M	2+6	4+8	1+5	3+7
3000m W	1+5	2+6	3+7	4+8
Steeplechase M	1+5	2+6	3+7	4+8
Steeplechase W	2+6	4+8	1+5	3+7

Jumping or throwing order

	DEN/ISL	FIN	NOR	SWE
High jump M	3+7	1+5	4+8	2+6
High jump W	3+7	1+5	4+8	2+6
Pole vault M	2+6	4+8	1+5	3+7
Pole vault W	2+6	4+8	1+5	3+7
Long jump M	4+8	3+7	2+6	1+5
Long jump W	1+5	2+6	3+7	4+8
Triple jump M	1+5	2+6	3+7	4+8
Triple jump W	4+8	3+7	2+6	1+5
Shot put M	3+7	1+5	4+8	2+6
Shot put W	1+5	2+6	3+7	4+8
Discus M	2+6	4+8	1+5	3+7
Discus W	4+8	3+7	2+6	1+5
Hammer M	1+5	2+6	3+7	4+8
Hammer W	3+7	1+5	4+8	2+6
Javelin M	4+8	3+7	2+6	1+5
Javelin W	2+6	4+8	1+5	3+7

APPENDIX 2: COMPETITION TIME TABLE

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 4x100 m relay)	T-25 min	T-10 min
4x100 m relay	T-30 min	T-15 min
Field events (ex Pole Vault)	T-45 min	T-35 min
Pole Vault	T-60 min	T-45 min

The competitors must attend to the Call Room on time.
Shoes with spikes are not allowed inside the call room building.

Preliminary competition timetable					
Saturday, August 19			Sunday, August 20		
12.00	Hammer	M	09.40	Hammer	W
12.10	High Jump	W	10.30	High Jump	M
12.15	400 m H	W	10.35	110 m H	M
12.30	400 m H	M	10.45	Shot Put	W
12.45	Shot Put	M	11.05	100 m H	W
12.45	100 m	M	11.10	Discus	M
13.00	100 m	W	11.15	Triple Jump	M
13.10	100 m extra	M/W	11.20	800 m	M
13.30	1500 m	W	11.35	800 m	W
13.35	Triple Jump	W	11.50	Pole Vault	W
13.40	Discus	W	11.55	200 m	M
13.45	1500 m	M	12.05	200 m	W
14.05	400 m	M	12.25	3000 m St	W
14.10	Pole Vault	M	12.35	Javelin	M
14.15	400 m	W	12.40	Long Jump	W
14.30	3000 m	W	12.50	3000 m St	M
15.00	5000 m	M	13.15	4 x 400 m	W
15.05	Long Jump	M	13.25	4 x 400 m	M
15.10	Javelin	W			
15.45	4 x 100 m	M			
16.00	4 x 100 m	W			

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APPENDIX 3: TRANSPORTATION TIME TABLE

Friday

<u>Hotel-Arena</u>	<u>Arena-Hotel</u>
14:00	15:45
14:30	16:30
17:00	18.45

Saturday

<u>Hotel-Arena</u>	<u>Arena-Hotel</u>
09.30 (hammer)	15:00
10:00	15:15
10:15	15:30
10:30	15:45
10:45	16:00
11:00	16:15
11:15	16:30
11:30	16:45
11:45	17:00
12:00	
12:15	
12:30	
12:45	
13:00	

Sunday

<u>Hotel-Arena</u>	<u>Arena-Hotel</u>	<u>Arena- Airport</u>	<u>Arena- Wasaline</u>
07:30 (hammer)	14:00	14:00 (*15:15)	12:00 (*13:00)
08:00	14:30	15:00 (*16:15)	
08:15	15:30	15:30 (*16:50)	
08:30		16:00 (*17:40)	
08:45		*departure	
09:00			
09:15			
09:30			
09:45			
10:00			
10:15			
10:30			
10:45			
11:00			
11:15			
11:30			
11:45			
12:00			

APPENDIX 4: THROWING EQUIPMENT PROVIDED BY LOC

Please visit manufacturer website for more information.
http://www.nordicsport.com/products/1053/track_and_field/

Discus

Nordic Super Spin	brass	1 kg	2
Nordic Super Spin	steel	1 kg	3
Nordic Discus Master	brass	1,75 kg	2
Nordic Viking Glassfiber	steel	1,75 kg	1

Shot put

Nordic, stainless steel	4kg	103 mm	1
Nordic, steel	4 kg	109 mm	2
Nordic, stainless steel	6 kg	119 mm	2
Nordic, brass	6 kg	106 mm	1

Hammer

Nordic, brass	4 kg	95 mm head	970 mm string, Eco Grip alu handle	2
Nordic, stainless steel	4 kg	95 mm head	970 mm string, Eco Grip alu handle	4
Nordic, brass	6 kg	105 mm head	990 mm string, Eco Grip alu handle	2
Nordic, stainless steel	6 kg	110 mm head	990 mm string, Eco Grip alu handle	1

Javelin

Nordic, Champion Carbon	flex 4.8	800 g	1
Nordic, Champion Steel	flex 6.4	800 g	1
Nordic, Orbit Carbon	flex 5.0	800 g	1
Nordic, Orbit Steel	flex 6.6	800 g	1
Nordic, Airglider Steel	flex 6.1	800 g	1
Nordic, Super Elite 800	flex 6.8	800 g	1
Nordic, Diana Carbon	flex 5.3	600 g	1
Nordic, Olympia Carbon	flex 5.9	600 g	1
Nordic Indra Steel	flex 6.0	600 g	1
Nordic, Diana Steel	flex 6.2	600 g	1
Nordic Xena Steel	flex 6.5	600 g	1
Nordic Diana Classic	flex 7.2	600 g	1

APPENDIX 5: LUNCH MENU

All meals include dairy and gluten free alternatives.

Saturday

Pasta served with meat sauce

Kebab stew served with rice and yoghurt sauce

Falafel served with rice & yoghurt sauce

Sunday

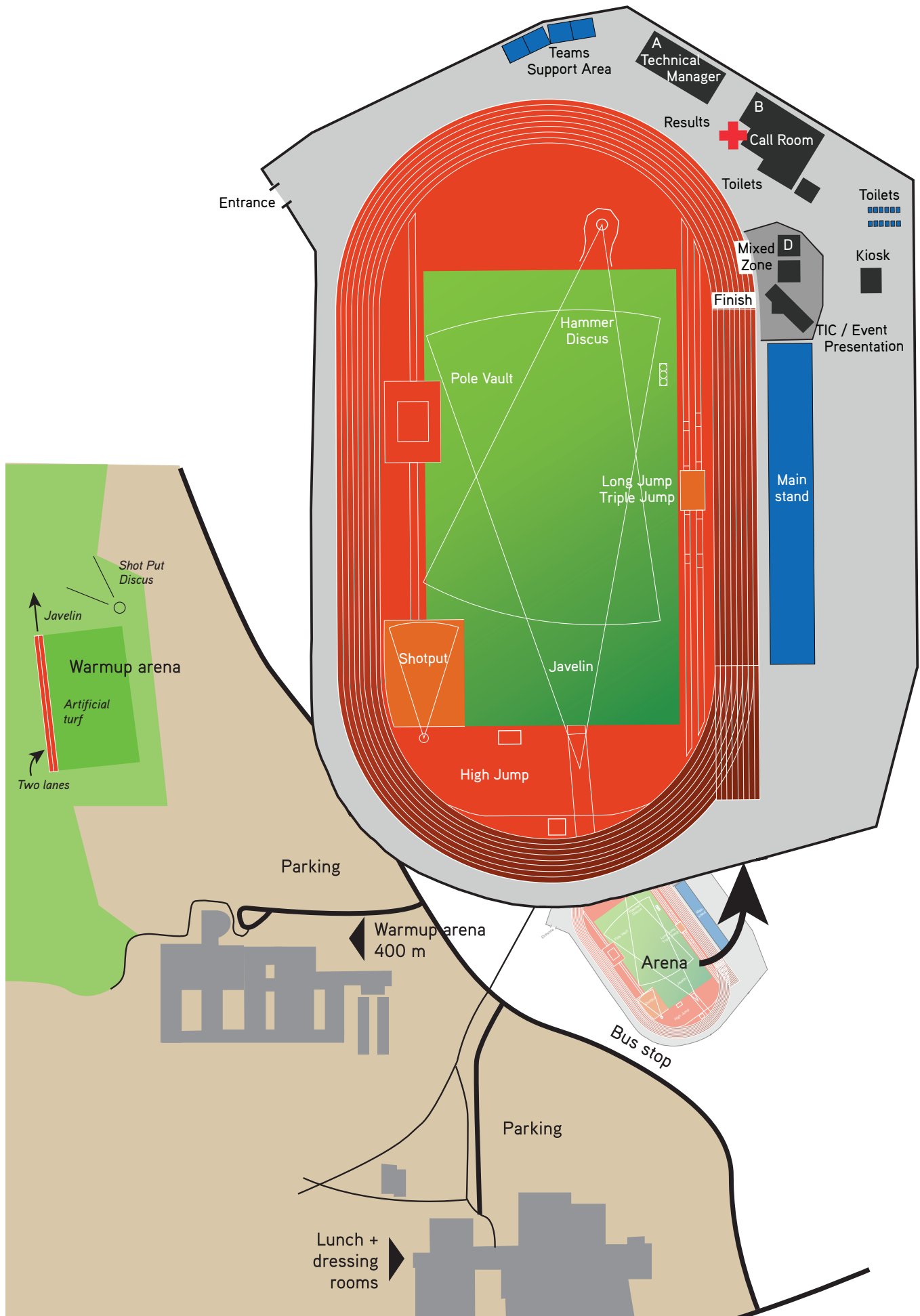
Breaded fish served with remoulad sauce & potatoes

Mexican meat sauce served with rice & nachochips

Vegetarian tortellini broth

Lunch will be served at the restaurant Hanson & Hammar, in the same building as the changing rooms, close to the arena. (see map)

APPENDIX 6: ARENA MAP



APPENDIX 7: TECHNICAL MEETING AGENDA

1) Opening and welcome

LOC Hans Nilsson

2) Presentation of attendants

- Organizers – referees will have an arm band.
- Team representatives

3) Nomination of the Jury of Appeal

- Chairman: Henrik Ragnvaldsson (SWE)
- 2 more members from the visiting teams

4) General Information of the Championship events

4.1 The time table has been distributed in advance

4.2 For basic rules see Nordic Handbook and IAAF Competition Rules

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

4.4 Lane order, jumping and throwing order: According to the teams' entries. In field events, except high jump and pole vault, reverse ranking order will be used for rounds four, five and six.

4.5 Throwing equipments: Equipment according to appendix 4 is provided by the organizers. Personal equipment will be checked and made available for all participants, at the owner's risk. Javelins, shots and discuses must be presented to the Technical Manager (see map, building A) not later than 90 minutes before the start of each event. All hammers must be presented at the information desk at the hotel, no later than 21.00 the evening before competition. All personal equipment should be retrieved at building A. In discus we will apply the regulation on closed wing, as adopted by the Swedish Athletic Association.

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:	155-160-165-170-173-176-179-181	+2 cm
Pole Vault, Women:	340-355-370-380-390-400-410-415-420	+5 cm
High Jump, Men:	185-190-195-200-203-206-209-211	+2 cm
Pole Vault, Men:	460-470-480-490-500-510-515-520-525	+5 cm

4.8 Discus cage: Due to the layout of the stadium, and to ensure the safety of athletes and officials, Swedish rules (M 2.3.11 Anm / M 5.2.4) will be used in the discus throw. This means that the moving panels will be used to open and close the cage depending on the direction of each thrower's rotation, not only in the hammer throw, but also in the discus throw.

APPENDIX 7: TECHNICAL MEETING AGENDA (PAGE 2)

5 General Information

- 5.1 Call room: A Call Room timetable has been sent to the teams in advance.
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: In English writing at the TIC. Normal protest time is 30 minutes after the official announcement of the results of the event have been published. The time is counted from the moment when the result sheet is attached to the official result board. Organizers' proposal: For the last event on Sunday the protest time is only 10 minutes. The protest fee is 90 euros and payment must be done with the written protest.
- 5.3 Ceremonies:
- Opening ceremony
 - Pre-event presentation
 - Victory ceremonies
- 5.4 Access to the infield: only the Athlete-Captains of the teams have access the infield. All other athletes have access only for their respective events. Team Officials must not enter the infield during the competitions.

6 Confirmation of entries

- Official start lists: Any changes?
- Later changes: Time and place
- Extra participants by organizing country
- Running order in relays: NOT later than 60 min before the start to the TIC.

7 Arena information

- Warm-up areas- no throwing cage!
- Location of TIC
- Location of the Technical Manager
- Location of the Call Room
- Location of the result board
- First aid point

8 Doping control

- Cannot be preordered, but the possibility of control exists.
- Procedure in case of National Records requiring the test

9 Any other matters

- Meal time table
- Shuttle bus time table

10 Closing the meeting