



# TEAM MANUAL

Nordic Match U20, Oslo

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## Team information

### 1. Championships website

Here you will find result service and event information.

<https://www.nordicmatchbislett.com/>

### 2. Final Registration Date

The final date for registration is Monday, July 17. Each national team should use its own specific registration form. (Appendix 1)

### 3. Arrival

Bus transports to the hotel have been organized according to announced arrivals. An official will greet you at the arrivals gate. (Appendix 2).

### 4. Hotel – Accommodation

The national teams will be accommodated in double rooms. The LOC will be stationed at both hotels.

Scandic St.Olavs plass: Norway and Sweden

Scandic Holberg: Finland, Denmark and Iceland

The final date for sending room lists is Monday, July 17 (same date as registration). (Appendix 7)

### 5. Team Meetings

Team Meetings Conference rooms will be arranged at the hotels on request. Send requested time for team meeting to [stian.andersen@friidrett.no](mailto:stian.andersen@friidrett.no) within 17.July.



## 6. Meals

- See Appendix 4
- Breakfast buffet will be served from 07:00 to 10:30 on both hotels.
- Lunch will be served from 13.00 to 15.00 at Bislett stadium.
- Dinner buffet (Sports buffet) will be served **only at Scandic St. Olavs** plass from 18.00 to 21.00 on Friday and Saturday.
- To avoid long ques during dinner, we have set up a “Enter dinner time table:
  - Friday:
    - 18:00: Finland and Iceland
    - 18:30: Sweden
    - 19:00: Norway
    - 19:30: Denmark
  - Saturday:
    - 18:00: Denmark and Iceland
    - 18:30: Norway
    - 19:00: Sweden
    - 19:30 Finland



## 7. Transportation from hotel to competition venue

It is a 12 minute-walk from both hotels to Bislett Stadium. The LOC have not set up any transportation to the stadium. However, we consider to set up transport (Tram-ticket) if there is a lot of rain on the weather forecast. See Appendix 6.

## 8. Technical Meeting

The Technical Meeting will be held on Friday July 21 at 19:00 Bislett Stadium. (Sebastian Coe-room)

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. Agenda will come on Wednesday 19.July.

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

Warm-up area, dressing rooms and showers are located at Bislett Stadium under the grandstand. Here you will find a 520 meter running track, sprinting lanes and jumping area. Follow the signs.

## 10. Call Room

The Call Room will be at near the 60m start under the grandstand. See map. You will find a Call Room timetable in Appendix 3.

It is the responsibility of the Team Leaders to ensure that their athletes show up on time for last call.

**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.

## 11. Introduction of participants

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



## **12. Personal Implements Check**

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

Hammer, javelins, shots and discuses must be presented to the Event office (see map, Appendix 5) not later than 90 minutes before the start of each event.

Personal throwing equipment is returned after the events at the same place.

## **13. Result service**

There will be an online result service during the competition. Official results will also be presented continually. Link here: <https://norway.opentrack.run/en-gb/x/2023/NOR/nordicu20/>

## **14. Medical Aid**

There will be a First Aid representative at the Stadium. Contact information:

E-mail: [carokooyt@gmail.com](mailto:carokooyt@gmail.com)

Cell: +4791310747

## **15. 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.

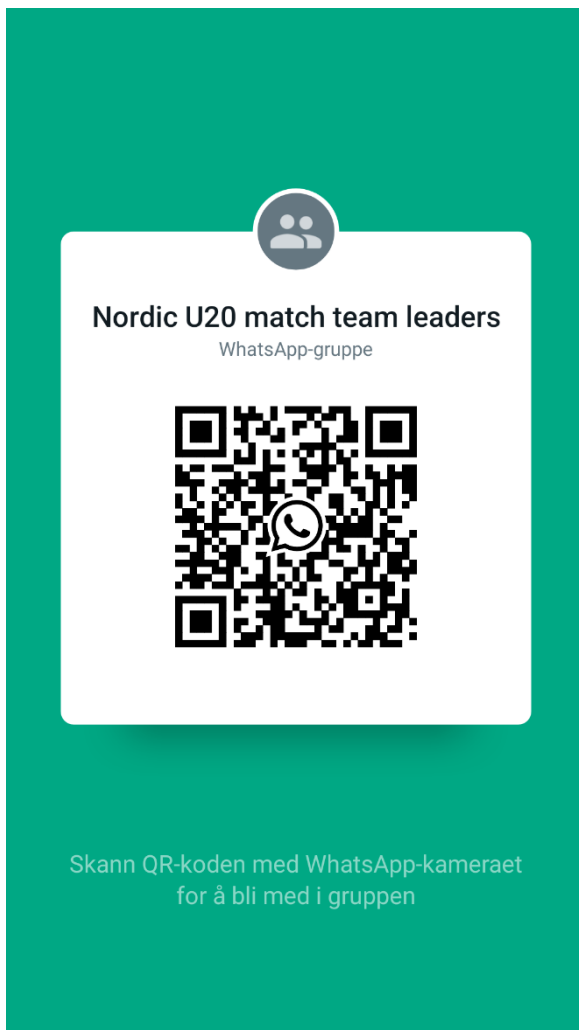
Victory ceremony assembly point is in building a, see map.

## **16. Anti-Doping**

The Norwegian Anti-doping will be represented at this event. They cannot test athletes under 18 years unless they have a certified approval issued from their federation/parents.

## 17. WhatsApp - group

We have set up a WhatsApp group for team leaders and organizers. Please join this group by scanning this QR code:



Appendix 1 **DRAWING SCHEME U20**

**RUNNER LANES**

|                | NOR | SWE | FIN | DEN/ISL |
|----------------|-----|-----|-----|---------|
| 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     |
| 110m 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**

|                | NOR | SWE | FIN | DEN/ISL |
|----------------|-----|-----|-----|---------|
| 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     |
| 5000m 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     |
| Race walking M | 3+7 | 1+5 | 4+8 | 2+6     |
| Race walking W | 4+8 | 3+7 | 2+6 | 1+5     |

**JUMPING AND THROWING ORDER**

|                | NOR | SWE | FIN | DEN/ISL |
|----------------|-----|-----|-----|---------|
| 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 Throw M | 1+5 | 2+6 | 3+7 | 4+8     |
| Hammer Throw 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

### Time table Nordic Match U20 22-23 July



#### Saturday 22 July

#### Sunday 23 July

| Time  | Event                     | Time  | Event               |
|-------|---------------------------|-------|---------------------|
| 12:30 | Pole Vault Women          | 11:00 | Pole Vault Men      |
| 12:30 | Hammer Throw Women        | 11:00 | Hammer Throw Men    |
| 13:15 | 100 m Hurdles Women       | 11:30 | 100m Extra Men *    |
| 13:15 | Triple Jump Men           | 11:30 | Long Jump Women     |
| 13:15 | Shot Put Men              | 11:30 | Shot Put Women      |
| 13:30 | 110 m Hurdles Men         | 11:45 | 100m Extra Women *  |
| 13:45 | 100 m Men                 | 12:00 | 400m Hurdles Men    |
| 13:55 | 100 m Women               | 12:15 | 400m Hurdles Women  |
| 14:00 | Discus Throw Women        | 12:30 | 800m Men            |
| 14:10 | 1500 m Men                | 12:30 | Discus Throw Men    |
| 14:20 | 1500 m Women              | 12:40 | 800m Women          |
| 14:35 | 400 m Men                 | 12:55 | 200m Men            |
| 14:45 | 400 m Women               | 13:00 | Long Jump Men       |
| 14:45 | Triple Jump Women         | 13:05 | 200m Women          |
| 15:00 | 3000 m Steeplechase Men   | 13:20 | 5000m Men           |
| 15:00 | High Jump Men             | 13:30 | High Jump Women     |
| 15:20 | 3000 m Steeplechase Women | 13:40 | 3000m Women         |
| 15:30 | Javelin Throw Men         | 14:00 | Javelin Throw Women |
| 15:40 | 5000 m Race walk Men **   | 14:45 | 4x400m Relay Women  |
| 16:15 | 4x100m Relay Men          | 15:00 | 4x400m Relay Men    |
| 16:25 | 4x100m Relay Women        |       |                     |
| 16:35 | 5000 m Race walk Women ** |       |                     |

Last update: 2022-07-13

\* No points given

\*\* Might go as mixed heat at 15:40. Will be decided at the technical meeting on Friday 21.July

LOC

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phone - +4792457042

NFIF

e-mail - thor.gjesdal@friidrett.no  
phone - +4798620227





## Appendix 3

## Call room and track entry times

## Saturday 22 July

## Sunday 23 July

| Last call | Enter track | Start time | Event                     | Last call | Enter track | Time  | Event               |
|-----------|-------------|------------|---------------------------|-----------|-------------|-------|---------------------|
| 11:30     | 11:45       | 12:30      | Pole Vault Women          | 10:15     | 10:30       | 11:15 | Pole Vault Men      |
| 11:45     | 11:55       | 12:30      | Hammer Throw Women        | 10:15     | 10:25       | 11:00 | Hammer Throw Men    |
| 12:50     | 13:05       | 13:15      | 100 m Hurdles Women       | 11:05     | 11:20       | 11:30 | 100m Extra Men      |
| 12:30     | 12:40       | 13:15      | Triple Jump Men           | 10:45     | 10:55       | 11:30 | Long Jump Women     |
| 12:30     | 12:40       | 13:15      | Shot Put Men              | 10:45     | 10:55       | 11:30 | Shot Put Women      |
| 13:05     | 13:20       | 13:30      | 110 m Hurdles Men         | 11:20     | 11:35       | 11:45 | 100m Extra Women    |
| 13:20     | 13:35       | 13:45      | 100 m Men                 | 11:35     | 11:50       | 12:00 | 400m Hurdles Men    |
| 13:30     | 13:45       | 13:55      | 100 m Women               | 11:50     | 12:05       | 12:15 | 400m Hurdles Women  |
| 13:15     | 13:25       | 14:00      | Discus Throw Women        | 12:05     | 12:20       | 12:30 | 800m Men            |
| 13:45     | 14:00       | 14:10      | 1500 m Men                | 11:45     | 11:55       | 12:30 | Discus Throw Men    |
| 13:55     | 14:10       | 14:20      | 1500 m Women              | 12:15     | 12:30       | 12:40 | 800m Women          |
| 14:10     | 14:25       | 14:35      | 400 m Men                 | 12:30     | 12:45       | 12:55 | 200m Men            |
| 14:20     | 14:35       | 14:45      | 400 m Women               | 12:15     | 12:25       | 13:00 | Long Jump Men       |
| 14:00     | 14:10       | 14:45      | Triple Jump Women         | 12:40     | 12:55       | 13:05 | 200m Women          |
| 14:35     | 14:50       | 15:00      | 3000 m Steeplechase Men   | 12:55     | 13:10       | 13:20 | 5000m Men           |
| 14:15     | 14:25       | 15:00      | High Jump Men             | 12:45     | 12:55       | 13:30 | High Jump Women     |
| 14:55     | 15:10       | 15:20      | 3000 m Steeplechase Women | 13:15     | 13:30       | 13:40 | 3000m Women         |
| 14:45     | 14:55       | 15:30      | Javelin Throw Men         | 13:15     | 13:25       | 14:00 | Javelin Throw Women |
| 15:15     | 15:30       | 15:40      | 5000 m Race walk Men *    | 14:15     | 14:30       | 14:45 | 4x400m Relay Women  |
| 15:45     | 16:00       | 16:15      | 4x100m Relay Men          | 14:30     | 14:45       | 15:00 | 4x400m Relay Men    |
| 15:55     | 16:10       | 16:25      | 4x100m Relay Women        |           |             |       |                     |
| 16:10     | 16:25       | 16:35      | 5000 m Race walk Women *  |           |             |       |                     |

| Event                     | Call     | To field/track |
|---------------------------|----------|----------------|
| Track events (ex Relay)   | T-25 min | T-10 min       |
| Relay                     | T-30 min | T-15 min       |
| Field events (ex Pole V.) | T-45 min | T-35 min       |
| Pole Vault                | T-60 min | T-45 min       |

\* Might go as mixed heat at 15:40. Will be decided at the technical meeting on Friday 21.July



## Appendix 4

# Meals

All meals include dairy and gluten free alternatives. Every dish will be marked with allergens.

### Friday and Saturday

#### **Dinner:**

Sports buffet:

- Minimum 2 types of protein (meat and fish)
- Vegetables, rice, potatoes
- Different types of sauce
- Salad buffet
- Bread and dessert

### Saturday and Sunday

#### **Lunch:**

Lunch buffet:

- 1 meat alternative
- 1 vegetarian alternative
- 1 side (Rice, potato or pasta)
- 1 fixed salads
- 1 green salad with tomatoes, cucumber, ecologic bread, aioli and hummus



**NORDIC  
U20  
MATCH**  
22-23 JULY  
BISLETT, OSLO



1. Athletes and coach entrance
2. Audience entrance
3. Event office: Weight control etc
4. Call room
5. Lunch: Seb Coe - room 3rd floor
6. Indoor warm up track
7. Award ceremony area
8. Kiosk
9. Medical aid and Anti-Doping

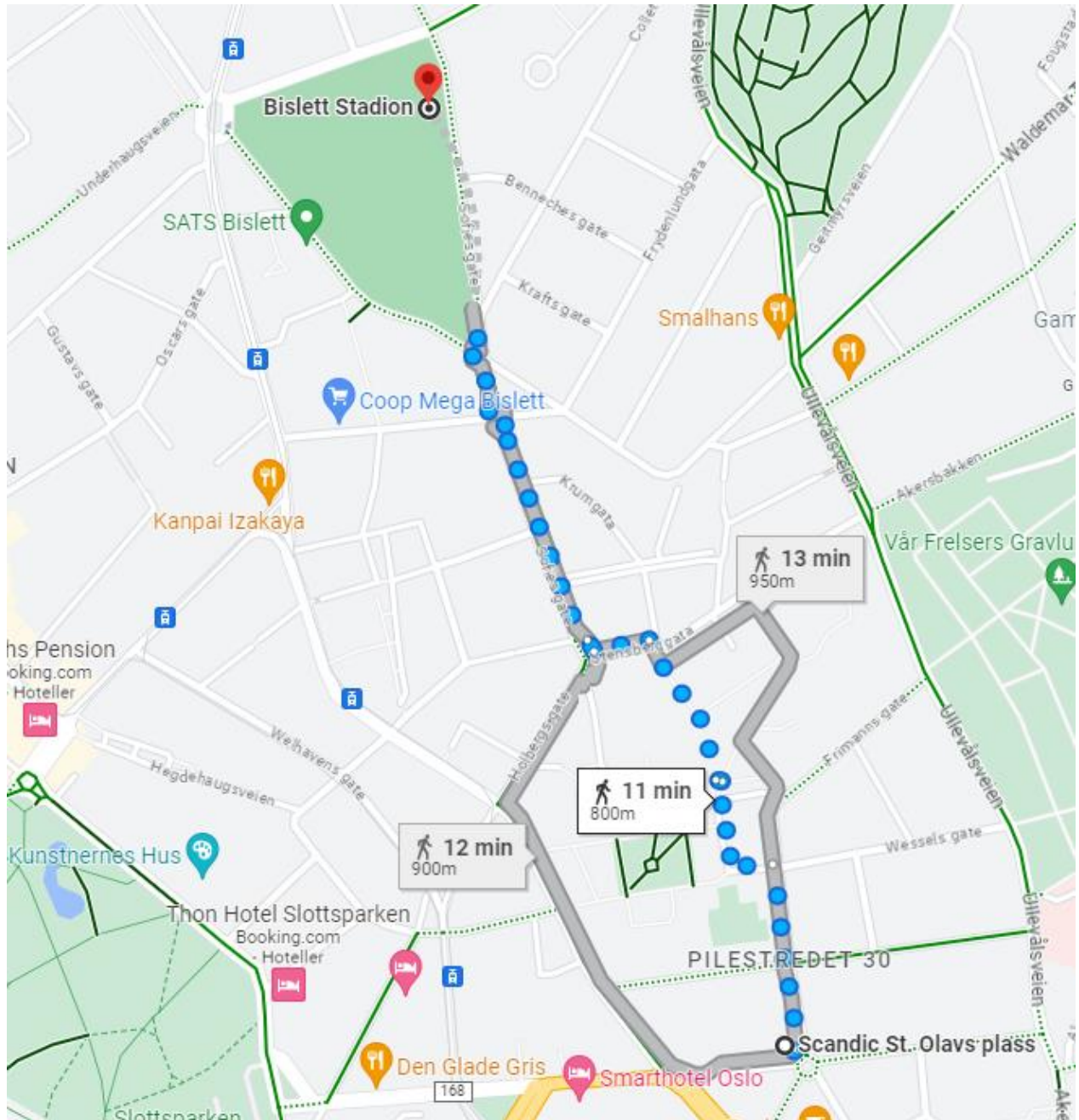
## Appendix 6

### Hotel to Bislett Stadion

From Scandic St.Olavsplass

Distance: 800m

Time: 11 minutes



From: Scandic Holberg

Distance: 550 m

Time: 8 minutes

