



TEAM MANUAL 2020

<https://www.yleisurheilu.fi/nordenkampen-2020/>

1. KEY PERSONS IN THE EVENT

Head of Jury	Pasi Oksanen
Competition Director	Harri Lammi
General Secretary	Tanja Taipale (+358 44 2021887)

2. FINAL REGISTRATION

The final date for registration is **Tuesday February 4**.
The registration form should be sent to harri@misport.fi

3. GENERAL INFORMATION

The venue

Map of the venue – Liikuntamyly – see page 6.
The address is Jauhokuja 3, 00920 Helsinki.

The Hotel

Most of the teams are staying at Scandic Avaicongress Hotel – 20 min drive from the venue and about 5 min drive from Helsinki-Vantaa Airport. There is a free WiFi at the hotel.

The check-in time on Saturday is right after flight arrivals and the check-out time on Sunday is 14:00.

Not later than **Tuesday February 4**, all at the our hotel staying teams must send name list for all athletes and officials – showing who will share room.

Meal times and places

Saturday	Buffet lunch	Only for teams, who has ordered them in advance
	Buffet dinner	At the hotel from 19:00 to 21:00 - incl. tab water, coffee, tea
Sunday	Breakfast	At the hotel from 06:00 to 10:00 – incl. tab water, coffee, tea, milk, juice
Sunday	Buffet lunch	Metropolitan Campus, close to venue from 11:00 to 15:00 .
	Buffet dinner	Metropolitan Campus, close to venue from 15:00 to 18:00 .

Any other drinks to be paid by the teams.

Please inform the general secretary about special dietary requirements.

Transportation

Bus from the airport to the hotel according to team arriving schedules. **If any changes due to the flight schedules we have received we need this asap.** Please note that one group transportation from airport to hotel is included to the competition package, extra transportation will be added to the invoice.

All teams will be met by a local representative at the airport at the arrival hall. Bus to the airport after the match directly from the venue.

There will be bus transportation from the hotel to the venue for training (Saturday) and to the match (Sunday). Bus schedule to be announced later.

The poles will be transported directly from airport to and back from the venue.

Accreditation

Athletes and coach will receive their accreditation cards at the check in at the hotel. To the infield are allowed to enter only athletes and officials. During the competition we have reserved for the coaches separate places close to each event – places are presented at the technical meeting, max 1 coach per nation.

Team meetings at the hotel

Please give us information if your team needs to book a meeting room at the hotel, at what time and for how many people. A cost for the meeting room will be added to the invoice.

4. TRAINING

The venue will be open for training Saturday from 17:00 to 19:00. Bus to and from the venue starts at the hotel 16:40. Bus back to the hotel starts from venue at 19:15.

5. TECHNICAL MEETING

The meeting will take place at the competition hotel on **Saturday February 8th at 20:00**. Each team can be represented by up to four persons. **Agenda for the technical meeting**

1. Welcome.
2. Presentation of attendants.
 - Competition Director Harri Lammi
 - Competition Manager Seppo Martiskainen
 - Other personnel in key roles
 - The teams
3. Jury of appeal.
 - Head of the Jury Pasi Oksanen (Finland)
 - Two more members to be appointed at the meeting.
4. Drawing of teams and lanes/start order
5. Routine for protests, when, where and the cost of turning in a protest.
6. Information about the venue – see enclosed map. Note the following:
 - There is a separate area (marked in the drawing) is available for warm up. This is a floorball area – so no spike shoes!
 - There will be a separate physio area for each team.

- Call room will be next to the warm up area. Call room timetable will be on info board at hotel and will be distributed to teams at arrival.
- After the competition all athletes must leave the venue through mixed zone, close to the finish line.
- Spectator stands are marked on the drawing.
- 60 m track is on left hand side of the arena, starting at the right hands side referring to the drawing.
- Finish line for the oval is in the same place with 60m finish line.
- Long Jump and Triple Jump pits are on inside field of the oval. **Please note, that the jumping place B, close to the oval, the triple jump take-off board is 10,90m from the landing area.**
- Pole Vault place is inside the oval.
- High Jump place is on the upper side of infield, inside the oval.
- Shot Put is outside of the oval, behind the back curve.
- TIC, cafeteria, mixed zone and press area etc. are on the left-hand side of the drawing.
- Changing rooms and showers are in the corridor on the ground floor.

7. General information of the championships/match

- Use of lanes for each distance:
 - 60m, 200m, 400m: Lanes 3 to 6 to be used. The "hot" heat is the latter heat.
 - 800m: All lanes used, doubled for some lanes.
- 1500m, 3000m: group start.
- Bar progression: a proposal will be presented at the technical meeting.
- Call room timetable.
- Outdoor shots (metal) will be used in the Shot Put competition. Personal implements (IAAF/WA certified) shall be submitted to the technical manager not later than 11:00 on Sunday February 9th, you are also able to leave your personal implements to venue after the training on Saturday.
- Spikes. In the competition area, all types of IAAF/WA certified indoor spikes are allowed. Spike shoes are not allowed outside the competition area and, in particular, not in the warm up area.
- The Technical Manager shall control the poles at the competition venue before start of the event. Poles should be submitted for control no later than 11:00 on Sunday February 9th.
- The match is held under the IAAF/WA Competition Rules, except that the competing order in Long Jump, Triple Jump and Shot Put shall be kept same for all 6 rounds of attempts.

8. Confirmation of the entries

- Confirmation of the official starting lists
- Last minute changes to competing athletes - time and place shall be decided at the technical meeting.

6. COMPETITION TIMETABLE – SEE PAGE 5.

Competition timetable will be confirmed at the technical meeting

7. TIC

Is located close to the mixed zone and it will be open 2 hours before the competition starts.

8. SCORING AND RESULTS

There are separate matches for women and men.

Points 9-7-6-5-4-3-2-1

In case of a tie, the sum of the tying competitor's points is divided between them. In vertical jumps there will be no jump-off in case of tie for first place. A disqualified or non-finishing (no result) competitor get 0 points.

The results will be announced on the screens in the arena, and on

<https://www.yleisurheilu.fi/nordenkampen-2020/> as soon as the results are confirmed.

Team results will be announced after every event.

9. MEDICAL CARE

There will a doctor in the arena up to 17:00, located in the mixed zone. There are first aid personel at the infield located close to the finish line.

10. OPENING CEREMONIES

Two athletes from each country together with athletes from the organizing club will enter the track with the different team's flag. Meeting point for the athletes attending the opening ceremonies will be informed at the technical meeting.

11. CLOSING CEREMONIES

The National anthem of the winning nation(s) will be played. Best mens and womens team will be awarded.

	<i>Nordic Indoor Championships and Match 2020</i>
v030120	Preliminary timetable v2
SUN 09.02.2020	
12:00	W Pole vault
12:20	Opening ceremonies
12:45	M Triple Jump
13:00	W 60m hurdles 2 heats
13:10	M 60m hurdles 2 heats
13:00	W High Jump
13:05	W Long Jump
13:35	W 60m 2 heats
13:35	M Shot Put
13:45	M 60m 2 heats
14:00	W 800m
14:10	M 800m
14:25	W 3000m
14:35	M Pole Vault
14:40	M 3000m
14:50	M Long Jump
15:00	M High Jump
15:00	W 400m 2 heats
15:05	W Triple Jump
15:20	M 400m 2 heats
15:30	W Shot Put
15:35	W 200m
15:55	M 200m
16:15	W 1500m
16:30	M 1500m
16:45	Closing ceremonies

