



DENMARK/ICELAND
FINLAND
NORWAY
SWEDEN

10 FEBRUARY 2019

BÆRUM
IDRETTSPARK

TEAM MANUAL

www.nordenkampen.no



1. KEY PERSONS IN THE EVENT

Technical delegate	Thor Gjesdal
Competition manager	Heidi Hvistendahl
General secretary	Kirsten Larsen (+47 918 54 384)

2. FINAL REGISTRATION

The final date for registration is **Tuesday February 5**.

The registration form should be sent to friidrett@tyrving.no

3. GENERAL INFORMATION

The venue

Map of the venue – Bærum Idrettspark – see page 6.

The address is Hauger Skolevei 36, 1351 Rud, Norway.

The Hotel

All teams are staying at Thon Hotel Oslofjord – 5 min drive from the arena and about one hour drive from Oslo Airport.

The check-in time Saturday is 15:00 and the check-out time Sunday is 12:00.

Not later than **Tuesday February 5**, all teams must send name list for all athletes and officials – showing who will share room.

Meal times and places

Saturday	Buffet	At the hotel from 18:00 to 20:00 - incl. tab water, coffee, tea
Sunday	Breakfast	At the hotel from 07:00 to 11:00 – incl. tab water, coffee, tea, milk, juice
Sunday	Lunch	Make your own lunch bag at breakfast, bring it to the venue where you will get fruit, water, coffee, tea, juice.

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 separate team schedules. **If any changes due to the schedules we have received we need this asap.**

All teams will be met by a local representative at the airport.

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 pole will be transported directly to and back from the venue.

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 room will be added to the invoice.

4. TRAINING

The venue will be open for training Saturday from 20:00 to 21:45. Bus to and from the venue starts at the hotel 19:30. Last bus from the venue to the hotel 22:00.

5. TECHNICAL MEETING

The meeting will take place at the venue Bærum Idrettspark **Saturday February 9 at 20:00**. Bus will leave the hotel 19:30. Each team can be represented by up to four persons.

Agenda for the technical meeting

1. Welcome.
2. Presentation of attendants.
 - Competition manager Heidi Hvistendahl
 - Technical delegate Thor Gjesdal
 - Other personnel in key roles
 - The teams
3. Jury of appeal.
 - Chairman Terje Hoffmann (Norway)
 - Two more members to be appointed at the meeting.
4. Drawing of teams and lanes/start order:

<u>Lane/ order:</u>	<u>60m</u>	<u>60m H</u>	<u>200m (H1)</u>	<u>200m (H2)</u>	<u>400 m (H1)</u>	<u>400 m (H2)</u>	<u>800m</u>	<u>1500m</u>	<u>3000m</u>	<u>HJ</u>	<u>PV</u>	<u>LJ</u>	<u>TJ</u>	<u>SP</u>
1:	A	D					C	B	A	D	C	B	A	D
2:	B	A					D	C	B	A	D	C	B	A
3:	C	B	A	D	C	B	A	D	C	B	A	D	C	B
4:	D	C	B	C	D	A	B	A	D	C	B	A	D	C
5:	A	D	C	B	A	D	C	B	A	D	C	B	A	D
6:	B	A	D	A	B	C	D	C	B	A	D	C	B	A
7:	C	B					A	D	C	B	A	D	C	B
8:	D	C					B	A	D	C	B	A	D	C
							Pace	Pace	Pace					

Starting order for 800m will be determined at the technical meeting.

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:
 - The main entrance is at the middle of the hall, on the right hand side of the drawing.
 - A separate hall (upper right corner of drawing) is available for warmup. This is a football hall – no spike shoes!
 - Call room will be on the ground floor at the far end of the corridor from the main entrance, upper left corner of the athletics hall in the drawing. This is the location of the main entrance to the athletics hall. Please see call room times indicated in the competition schedule.
 - After the competition all athletes must leave the venue through the call room.
 - Spectator stands are at the top of the athletics hall (referring to the drawing).
 - 60 m track is centered, starting at the right hands side referring to the drawing.
 - Finish line for the oval is in the upper left corner (closest to the stands).
 - Long jump and triple-jump pits are between the oval (outside of oval) and the spectator stands, running one each direction.
 - Pole jump pits are inside the oval, at the bottom of the drawing, running one each direction.
 - High jump pits are on the upper side of the 60 m track, inside the oval (no high jump when 60 m track is in use).
 - Shot put is at the bottom right hand corner of the drawing.

- Cafeteria, competition secretariat, press room etc. are on the first floor on top of the spectator stands.
- Changing rooms and showers are in the corridor on the ground floor.

7. Walkthrough the competition schedule

- Use of lanes for each distance:
 - 200m, 400m: Lanes 3 to 6 to be used.
 - 800m: All lanes used, doubled for some lanes.
 - 1500m, 3000m: group start.
- Bar progression: a proposal will be presented at the technical meeting.
- Calling times.
- Outdoor shots (metal) will be used in the shot put competition. Personal implements (IAAF certified) shall be submitted to the technical manager not later than 12:30 Sunday February 10.
- Spikes. In the competition area, Xmas-type spikes are allowed. Pointed spikes, such as pyramid and needle type, are not permitted. Spike shoes are not allowed outside the competition area and, in particular, not in the warm-up hall.
- 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 Sunday February 10.
- The match is held under the IAAF Competition Rules, except that the order of jumping in long jump, triple jump and throwing in shot put is kept for all 6 rounds of attempts.

6. TIME SCHEDULE

See page 5.

7. 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 big screen in the arena, and on www.nordenkampen.no as soon as the results are confirmed. Team results will be announced after every event.

8. MEDICAL CARE

There will a doctor in the arena up to 17:00, located in the mixed zone.

9. ANTIDOPING

A doping control officer is on call in case of need for a voluntary control (national record). Please order the test with the competition secretary. The cost for these tests will be invoiced to the federations.

10. OPENING SEREMONY

Two athletes from each country together with athletes from the organizing club will enter the track with the different team's flag.

11. CLOSING SEREMONY

The National anthem of the winning nation(s) will be played.