



DENMARK/ICELAND  
FINLAND  
NORWAY  
SWEDEN

11 FEBRUARY 2024

BÆRUM  
IDRETTSPARK

# TEAM MANUAL

<https://tyrving.idrett.no/10/nordenkampen/>



## 1. KEY PERSONS IN THE EVENT

Technical delegate	Terje Hoffmann
Competition manager	Heidi Hvistendahl
General secretary	Charlotte Lund Antonijevic (+47 415 53 322)
Transportation contact	Sigurd Clemetsen (+47 454 98 407)

## 2. FINAL REGISTRATION

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

The registration form should be sent to [charlotte@tyrving.no](mailto:charlotte@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 **Monday February 5**, all teams must send name list for all athletes and officials – showing who will share room.

Accommodation contact : any changes to accommodation goes through General secretary

### Meal times and places

Saturday	Lunch	Available for those arriving early from
Saturday	Dinner buffet	At the hotel from 18:00 to 20:00 - incl. tab water, coffee, tea
Sunday	Breakfast	At the hotel from 07:30 to 10:30 – incl. tab water, coffee, tea, milk, juice
Sunday	Lunch	Make your own lunch bag at breakfast and bring it to the venue

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.

## 4. TRAINING

The venue will be open for training Saturday from 20:00 to 22:00. 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 10th at 20:00**. Bus will leave the hotel 19:30. Each team can be represented by up to three persons.

### Agenda for the technical meeting

1. Welcome.
2. Presentation of attendants.
  - Competition manager Heidi Hvistendahl
  - Technical delegate Terje Hoffmann
  - Other personnel in key roles
  - The teams
3. Jury of appeal.
  - Chairman Nils Johan Waldenstrøm (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 building.
  - A separate hall (upper right corner of map) is available for warmup. This is a football hall – no spike shoes!
  - Call room will be on the ground floor by the shot put.
  - After the competition all athletes must leave the venue through the mix zone.
  - Spectator stands are at the top of the athletics hall (referring to the map).
  - 60 m track is centered, starting at the right hands side referring to the map.
  - 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.
  - Pole jump pits are inside the oval.
  - High jump pits are on the upper side of the 60 m track, inside the oval.
  - Shot put is at the bottom right hand corner of the map.
  - Cafeteria, competition office, press room etc. are on the second 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 11:00 Sunday February 1.
  - 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 10:00 Sunday February 11.
  - 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.
8. Protests concerning the result or conduct of an event shall be made to the Referee within 30 minutes from the official announcement of the result of that event. The Referee's decision on the protest can be appealed to the Jury of Appeal within 30 minutes. Exception: in the two last running events, the protest and appeal time is limited to 10 minutes each.

## **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 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. CLOSING SEREMONY**

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

<b>Start</b>	<b>Event</b>	<b>Gender</b>
11:15	Pole Vault	W
11:15	Shot Put	M
11:20	Triple Jump	M
12:20	Shot Put	W
12:35	Triple Jump	W
13:05	60 m Hurdles	W
13:15	60 m Hurdles	M
13:20	High Jump	M
13:25	60 m	W
13:35	60 m	M
13:50	800 m	M
14:00	Long Jump	W
14:03	800 m	W
14:10	Pole Vault	M
14:20	400 m heat 1	W
14:27	400 m heat 2	W
14:35	400 m heat 1	M
14:42	400 m heat 2	M
14:55	3000 m	W
15:00	High Jump	W
15:15	3000 m	M
15:30	Long Jump	M
15:40	200 m heat 1	W
15:45	200 m heat 2	W
15:55	200 m heat 1	M
16:00	200 m heat 2	M
16:15	1500 m	W
16:30	1500 m	M
16:40	Price Ceremony	