



**DENMARK/ICELAND
FINLAND
NORWAY
SWEDEN**

11 FEBRUARY 2024

**BÆRUM
IDRETTSPARK**

Technical meeting

Bærum idrettspark, Saturday 10. February 20:00

Agenda

1. Key officials and attendants
2. Referees
3. Jury of Appeal
4. Protests and appeals
5. Time schedule with Call Room-times
6. Competition venue
7. Call Room procedures
8. Team draw and start order
9. Scoring
10. Races – jumps - throws

Key officials and attendants

1. Project Manager LOC: Thomas Syrstad
2. Competition Director: Heidi Hvistendahl
3. Technical Delegate: Terje Hoffmann
4. Competition Secretary: Charlotte Lund Antonijevic og Benedicte Harstad
Kallåk
5. Technical Manager: Kristin Mögenburg
6. Security Manager: Jan Olav Hay

Referees

- Long Jump/Triple jump: Hilde Osnes
- High Jump: Knut Alme
- Pole Vault: Angela Pütsch
- Shot Put: Jan Olav Hay
- Running: Morten Mørck
- Start: Hans Gunnar Steinbakken
- Call Room: Lotta Legernes

Jury of Appeal

- Chair: Nils Johan Waldenstrøm (NOR)
- Two members to be appointed by the teams
 - Mathias Jons +46725263644
 - Jani Tanskanen +3585061382

- Jury of Appeal to convene Sunday at 11:00

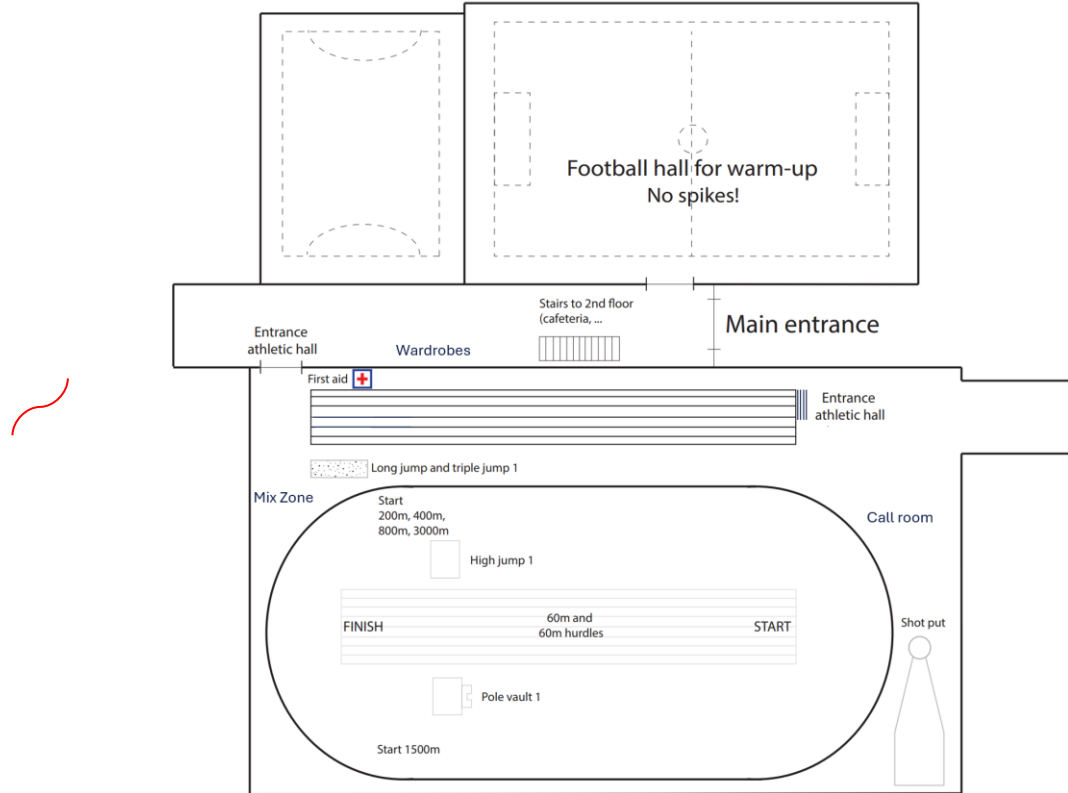
Protests and appeals

- Protests shall be directed to referees.
- An appeal to the Jury of Appeal of a referee decision or result, shall be made no later than 30min after the original decision/publication of a result, and shall be submitted to the TIC.
- An Appeal Scheme will be available in TIC.

Time schedule with Call Room-times

Start	Event	Gender	Enter Call Room	Exit Call Room
11:15	Pole Vault	W	10:15	10:25
11:15	Shot Put	M	10:40	10:50
11:20	Triple Jump	M	10:35	10:45
12:20	Shot Put	W	11:51	12:01
12:35	Triple Jump	W	12:00	12:10
13:05	60 m Hurdles	W	12:45	12:55
13:15	60 m Hurdles	M	12:55	13:05
13:20	High Jump	M	12:40	12:50
13:25	60 m	W	13:07	13:17
13:35	60 m	M	13:17	13:27
13:50	800 m	M	13:32	13:42
14:00	Long Jump	W	13:20	13:30
14:03	800 m	W	13:45	13:55
14:10	Pole Vault	M	13:00	13:10
14:20	400 m heat 1	W	14:00	14:10
14:27	400 m heat 2	W	14:07	14:17
14:35	400 m heat 1	M	14:15	14:25
14:42	400 m heat 2	M	14:22	14:32
14:55	3000 m	W	14:37	14:47
15:00	High Jump	W	14:20	14:30
15:15	3000 m	M	14:57	15:07
15:30	Long Jump	M	14:45	14:55
15:40	200 m heat 1	W	15:20	15:30
15:45	200 m heat 2	W	15:25	15:35
15:55	200 m heat 1	M	15:35	15:45
16:00	200 m heat 2	M	15:40	15:50
16:15	1500 m	W	15:57	16:07
16:30	1500 m	M	16:10	16:20
16:40	Price Ceremony	W&M	16:25	16:35

Competition venue



Call Room Procedures

- Time schedule with Call Room times is announced on the website. The Athletes will leave Call Room on time.
- Officials will check that the Athletes wear the right bib number and correct clothing. The athletes will be followed to the competition area.
- For all running events Athletes will change into their racegear in the Call Room before entering the track. The pick-up place for Athletes clothes will be outside the Call Room.
- The Athletes are responsible for using shoes that are approved for competition. The shoe model must be included in the latest version of World Athletics' Approved Shoe List and the sole thickness must not exceed 25 mm (for 800m, 1500m, 3000m and triple jump) or 20 mm (all other events). There will be random controls in the Call Room.

Team draw and start order

- Start lists on web site
- Any changes in startlists to be submitted to the TIC no later than Sunday at 09:00

<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					

A: Sweden
 B: Finland
 C: Norway
 D: Denmark/Iceland

800 m

Lane	Country
1	Nor
2	Den/IsI
3-1	Swe
3-2	Fin
4-1	Nor
4-2	Den/IsI
5	Swe
6-1	Fin
6-2	Pace

Competition

- Scoring: 9-7-6-5-4-3-2-1
- Separate matches for Men and Women

Races

- 200m and 400m will be competed in two heats using lanes 3-6.
- All other races will be competed in one heat.
- Pace

Pace

Women

Distance, m	Name	Intermediate times	End time, min	Run distance, m
800	Solveig Gran	59 (400)	2.02	400-500
1500	Sigrid Wahlberg	2.12 (800)		
		2.45 (1000)	4.10	1000-1100
3000	Malin Edland	5.58 (2000)	9.15	About 2000

Men

Distance, m	Name	Passing	End time, min	Run distance, m
800	Kjetil Gangås	52,5 (400)	1.47	400-500
1500	Kjetil Gangås	2.25 (1000)		
			3.40	1000-1100
3000	Kane Elliot (GBR)	5.30 (2000)	7.45	About 2000

Jumps

Women												
High Jump	1,55	1,60	1,65	1,69	1,73	1,77	1,80	1,83	1,86	1,88	+2 cm	
Pole Vault	3,30	3,45	3,60	3,75	3,90	4,03	4,15	4,23	4,28	+5 cm		
Men												
High jump	1,86	1,91	1,96	2,01	2,05	2,09	2,13	2,16	2,19	2,21	+2 cm	
Pole vault	4,63	4,83	5,03	5,18	5,28	5,33	5,38	5,43	5,48	+5cm		

Jumps

- No jump-off in vertical jumps
- Triple Jump Take-off line
 - Women: 11m
 - Men: 13m

Throws

- Shot Put
 - Metal shots will be used
 - Athletes personal implements to be submitted to the TIC no later than Sunday at 10:00

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