



## TEAM MANUAL

### 1. Website for Championships

For more information and updates, please visit [www.bollnasfik.com](http://www.bollnasfik.com)

### 2. Hotel – Accomodation

All teams will bestaying at Scandic hotel, Bollnäs, [bollnas@scandichotels.com](mailto:bollnas@scandichotels.com) Stenbomsgatan 8, 821 42 Bollnäs, +46278744100

### 3. Team meetings

Conference rooms close to the hotel reception can be used for temameetings. Team leaders can contact Magnus Olsson at +47703107187 or [magnus.olsson@friidrott.se](mailto:magnus.olsson@friidrott.se) to request a conference room. Please note that the conference rooms are not included in the hotel booking so there will be an extra cost.

### 4. Meels

Dinner will be served at Scandic on Friday and Saturday

Friday 18.00 – 20.00 Lasagne

Saturday 18.00 – 20.00 Chicken stew with rice

Lunch will be served at Sävstaås IP on Saturday and Sunday.

Saturday from 11.45 Ham and cheese sallad

Sunday from 11.30 Chickensallad

There will also be a small cafeteria at Sävstaås IP (not included in the price) More info at the technical meeting.

### 5. Local transportation

There will be a bus for transportation from Scandic to Sävstaås IP and back for those who need it.

Time for departure will be decided at the Technical meeting.

### 6. Technical Meeting

The technical meeting will be held on Friday evning 19.00 at Scandic hotel.

Yoy find the agenda in appendix 2.

**7. Dressingrooms, showers and warm-up areas** are all located at Sävstaås IP, Frelugavägen 4, 82130 Bollnäs.

### 8. Competition Numbers (bibs)

Team Leaders will recieve their teams bibs during the technical meeting.

### 9. Call room

No call room, instead there will be a call at each trackevent 10 minuts before start and 20 minutes before at each fieldevent.

### 10. Personal implements check

Personal throwing implements need to be checked and marked as approved by the Technical Manager before the competition.

Personal implements must be presented to the Technical Manager (se appendix 2) no later than 90 minutes before the start of each throwing event.

### 11. Result service

Results will be updated live at [www.easyrecord.se](http://www.easyrecord.se)

### 12. Victory Ceremonies

Medals for the top 3 in each event as soon as possible after end of each event. Please note that Razapoints will be used in many events.

Appendix 1



**Timetable**

Saturday

09.30	<b>200m</b> T20 M B-final		
09.35	<b>200m</b> T20 M A-final		
09.40	<b>200m</b> T20 W B-final		
09.45	<b>200m</b> T20 W A-final		
09.50	<b>200m</b> M Raza (T12+T37+T63)		
09.55	<b>200m</b> W Raza (T35-T47)		
10.00	<b>200m</b> T54 M + T54 W		
10.05	<b>200m</b> T71 M + T71 W		
10.10	<b>200m</b> T72 M		
10.15	<b>200m</b> T72 W B-final	<b>Longjump</b> T20 M	<b>Shot Put</b> T20 W
10.20	<b>200m</b> T72 W A-final		
11.15		<b>Longjump</b> T20 W	
11.30	<b>800m</b> T20 M + Raza M (T36+T38)		
12.45			<b>Shot Put</b> T20 M + Raza W (T37+T44)
13.30		<b>Longjump</b> Raza M + W	
13.45	<b>5000m</b> T20 M + T20 W		
14.15	<b>5000m</b> Raza M		
14.45			<b>Javelin</b> T20M+T20W+Raza M+Raza W
15.45	<b>Relay 4x100m</b>		

Sunday

09.30	<b>100m</b> T20 M Heat 1		
09.35	<b>100m</b> T20 M Heat 2		
09.40	<b>100m</b> T20 W Heat 1		
09.45	<b>100m</b> T20 W Heat 2		
09.50	<b>100m</b> Raza M (T12+T37+T63)		
09.55	<b>100m</b> Raza W (T35+T47+T63)		
10.00	<b>100m</b> T54 M + T54 W		
10.05	<b>100m</b> T71 W		
10.15	<b>100m</b> T72 M		
10.20	<b>100m</b> T72 W		
10.30	<b>100m</b> T20 M <b>Final</b>		
10.35	<b>100m</b> T20 W <b>Final</b>		
10.45	<b>100m</b> Extraheat		
11.00	<b>400m</b> T36+T54		
11.05	<b>400m</b> T71M+T71W+T54W		
11.15	<b>400m</b> T72 M		
11.25	<b>400m</b> T72 W		
11.30	<b>400m</b> T20 M B-final		
11.35	<b>400m</b> T20 M A-final		
11.40	<b>400m</b> T20 W		
12.00		<b>Discus</b> T20 M + T20 W + Raza M + Raza W (T12M + T44W)	
13.00	<b>1500m</b> T20 M + T20 W		
13.15	<b>1500m</b> Raza M (T37+T38)		
13.30	<b>Final Priceceremoni</b>		



## Agenda för Technical Meeting

### 1. Opening and Welcome

### 2. Presentation of attendants

Competition Director	Malou sköld
Competition Secretary	Stina Andersson
Competition Doctor	Frida Nikesjö
Technical Manager	Magnus Olsson

Team Leaders from Denmark, Iceland, Norway and Sweden

### 3. Nomination of the Jury of Appeal

Chairman: Leif-Göran Mosell (SWE)

Two additional members from the visiting teams will be selected by the Technical Meeting.

### 4. General information of the Championship events

1. Competition timetable has been distributed in advance and in appendix 1.
2. For basic rules see World Athletics and World Para Athletics Technical Rules.
3. Start commands will be in English: ON YOUR MARKS, SET (STAND UP).
4. Personal throwing implements will be checked and made available for all participants, at the owners risk. Javelins, shots and discuses must be presented to the Technical Manager (Magnus Olsson) no later than 90 minutes before start of each event.

### 5. Appeals to the jury

Appeals to the Jury of Appeal shall be made in English writing and accompanied by a deposit of 50 Euro or 500 SEK, and left to the TIC within 30 minutes after the official announcement of the results of the event.

### 6. Confirmation of entries

Team leaders must inform the Competition Director if there are any changes in the startlists.

### 7. Athletes shoes

Athletes who use orthotics (insole, heel cap etc) for medical reasons need to present a certificate from doctor or physiotherapist where the reason for using orthotics is explained. These certificates are to be brought to the Technical meeting and displayed to the Competition Director.

### 8. Arena information

Warm-up areas  
Location of TIC / Secretariat  
Location of Technical Manager  
First Aid point

### 9. Doping control

Doping controls may be conducted during the Championships, and can also be ordered from ADSE (Antidoping Sverige) if that is required to ratify a National Record.  
Doping tests for National Record purposes will be invoices to the teams National Federation.

### 10. Information about meals and local transportation

### 11. Questions from the teams

### 12. End of Technical Meeting