

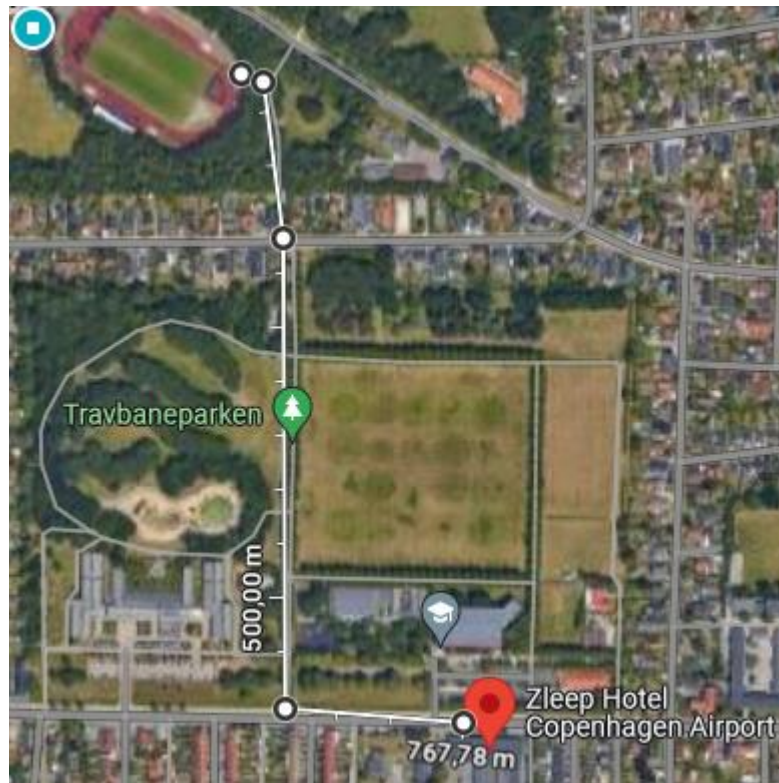
# TEAM MANUAL

Nordic U20 Match  
& Championships  
10.-11.8.2024 Tårnby

Website	<a href="https://dansk-atletik.dk/staevner/nordic-u20-match/">https://dansk-atletik.dk/staevner/nordic-u20-match/</a>
Venue	<p>Tårnby Stadion Gemmas Alle 41 2770 Kastrup 8 straight lanes, 6 lanes round 4 long-/triple jump pits Possibility to jump pole vault from two directions</p> <p>It is possible to train at the stadium Friday afternoon/evening (from 16 onwards).</p>
Team hotels	<p>Zleep Hotel Copenhagen Arena Ørestads Blvd. 124 2300 København <a href="#">website</a> (Countries: Finland, Denmark and Norway)</p> <p>Zleep Hotel Copenhagen Airport Løjtegårdsvej 97A 2770 Kastrup <a href="#">website</a> (Countries: Sweden and Iceland)</p>
Team Meetings	<p>There are no meeting facilities at the team hotels or at the stadium. We recommend using outdoor facilities in one of these locations.</p>
Transport	<p>We'll mainly be using public transport for the championships. All teams arriving at the airport will be met by volunteers, who will guide them to the hotels by train.</p>

Foreign teams living at the Zleep Hotel Copenhagen Arena (Finland and Norway) will receive a City Pass, a 72-hour ticket for all public transport within Copenhagen.

Sweden and Iceland live within walking distance (1 km) from the stadium:



For transport by train between Copenhagen Airport, Zleep Hotel Copenhagen Arena and Tårnby Stadion please see attachment "Transport".

## Meals

### Breakfast

Breakfast will be served at the hotels between 9-11 (Saturday) and 8.30-11 (Sunday).

*NB.: Breakfast restaurants are open 7.30-11.00, but due to many events in Copenhagen (eg. Copenhagen Fashion Week) the hotels are full booked, and most other guest are using the early part of the opening hours for breakfast.*

### Lunch

Lunch (Saturday and Sunday) will be served at the Stadium between 12-14 (both days).

There is room for 40 persons indoors and a few sitting places outdoor as well. See the attached map for location.

#### Dinner

Dinner (Friday and Saturday) will be served at Restaurant Dalle Valle in Field's Shopping Center (Arne Jacobsens Allé 12, 2300 København) at following times:

Friday:

18-19 Finland, Iceland and Norway

19-21 Sweden

Saturday:

19-20 Sweden, Iceland, Denmark

20-21 Norway, Finland

Technical Meeting	Technical meeting will be held at the Stadium 20.00 Friday evening. See the attachment for agenda.
Start lists & Results	Startlists can be seen in Roster Athletics app ( <a href="#">Android</a> / <a href="#">Apple</a> ) and <a href="#">online</a> . Startlists will be made available after Technical Meeting on Friday.
Introductions	All participants will be lined up and introduced individually before the start of each event.
Seeding principles	<p>As the Match is organized on a six-lane stadium, 200m, 400m and 400m hurdles are organized over two finals. As stated in the Nordic Handbook, the following procedure will be used in compiling the A- and B-finals:</p> <ul style="list-style-type: none"><li>• First, the three fastest runners according to the ongoing year's statistics are put into the A-final. (-&gt; Now there are representatives of 2 or 3 teams in A-final.)</li><li>• Then, the A-final is completed by adding, according to current statistics, the best runner(s) of the remaining team(s). Thus the A-final consists of 4 or 5 runners and covers all the four teams.</li><li>• Finally, each team has the right to change places of their own runners between the finals, if they wish so. (The change needs to be done in the call room).</li></ul>
Placings and ties	The final results of the events are decided by the times of the competitors. If there is a tie, also after checking the times to 1/1000th of a second, it shall stand, also in the case that the tie concerns the first place.

Throwing equipment	<p>There is a limited amount of throwing equipment available from the organizer:</p> <p><u>Hammer Throw</u> 6kg Polanik Competition, Steel, dia: 105mm (2) 4 kg Polanik Competition, Steel, dia: 95mm (2)</p> <p><u>Discus Throw</u> 1,75 kg Nelco Indiano Lo-Spin, steel rim, plastic sides, rimglide 65m (4) 1 kg Nelco Indiano Lo-Spin, steel rim, plastic sides, rimglide 65m (4)</p> <p><u>Shot Put</u> 4 kg Nelco Turned iron, dia: 104mm (1) 4 kg Polanik Competition, steel Velaasa (2) Dia:106mm, Turned steel (2) 6 kg Polanik Competition, Turned steel, dia: 115 mm (2)</p> <p><u>Javelin Throw</u> 600 gr Polanik Competition Sky Challenger, duraluminium (3) 800 gr Polanik Competition Air Flyer, duraluminium (2)</p>
Personal implements	<p>Personal Throwing Equipment shall be delivered at the Technical Meeting Friday Evening or at the latest in the call room Saturday by 11.00.</p>
Medal Ceremonies	<p>The medal ceremony for the three best athletes will take place immediately after the event has finished.</p>

## TIMETABLE

Saturday				Sunday			
14	00	M	Hammer Throw	11	00	W	Hammer Throw
	15	W	100m H		05	W	100m extra
	25	W	High Jump		10	M	Triple Jump
	30	W	Long Jump		15	M	100m extra
	35	M	110m H		40	W	400m Hurdles
	50	Mix	5000m Race Walk	12	00	M	400m Hurdles
15	20	W	Pole Vault		05	M	Pole Vault
	30	W	3000m Steeple Chase		15	W	3000m
	35	M	Javelin Throw		30	W	Javelin
	50	W	1500m		45	M	3000m Steeple Chase
	55	M	Shot Put	13	10	W	Triple Jump
16	00	M	1500m		15	W	200m
	15	W	100m		30	W	Shot Put
	25	M	100m		35	M	200m
	30	M	Long Jump		50	M	High Jump
	40	W	400m		55	M	Discus Throw
	50	W	Discus Throw	14	00	M	5000m
	55	M	400m		40	W	4x400m
17	10	W	800m		50	M	4x400m
	20	M	800m				
	35	W	4x100m				
	50	M	4x100m				

There is call room for all events as follows:

Running events except relays:	last call 20 minutes before start
Relays:	last call 30 minutes before start
Race walk:	last call 20 minutes before start
Throwing events:	last call 30 minutes before start
Jumping events except pole vault:	last call 30 minutes before start
Pole Vault:	last call 60 minutes before start



## TRANSPORT

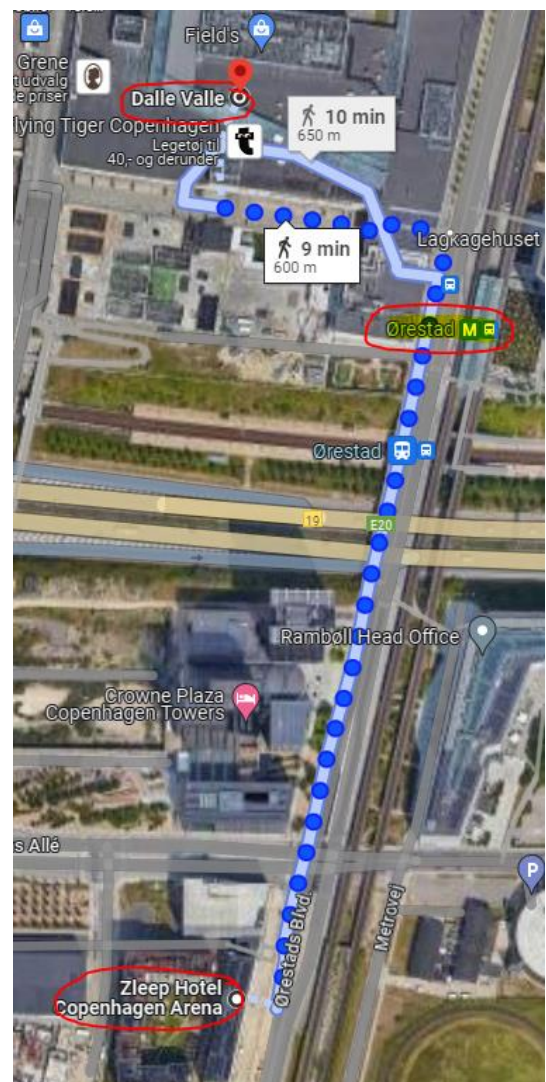
For teams moving between the airport (B), Tårnby Stadion (green circle) and Zleep Hotel Copenhagen Arena (A) the easiest way is to use the train. They are all on the same line and there are no stops in between.



Trains depart approximately every 15 minutes, and the travel time between the stations is:  
Airport -> Tårnby Station: 3 minutes  
Airport -> Ørestad Station: 5-6 minutes  
Ørestad Station -> Tårnby Station: 2-3 minutes

Zleep Hotel Arena, Ørestad Station and Dalle Valle (the dinner restaurant) are all located in the same area with following distances:  
Ørestad Station -> Zleep Hotel Arena: 350m  
Ørestad Station -> Dalle Valle: 250m  
Zleep Hotel Arena -> Dalle Valle: 600m

For more detailed travel information we recommend downloading Rejseplanen-app ([Android](#)/[Apple](#)).



STADIUM  
AREA





## AGENDA FOR TECHNICAL MEETING

- 1) Opening and welcome
- 2) Presentation of attendants (Organizers & Team representatives)
- 3) Nomination of the Jury of Appeal (One representative from each participating country)
- 4) General Information of the Championship events
  - 4.1 The timetable has been distributed in advance
  - 4.2 For basic rules see Nordic Handbook and WA Technical Rules
  - 4.3 Starter commands in English: ON YOUR MARKS, SET, STAND UP
  - 4.4 Seeding principles, jumping and throwing order:  
Seeding principles according to the Nordic Handbook. Lanes will be distributed according to TR 20.4.  
In field events, except high jump and pole vault, reverse ranking order will be used for rounds four, five and six.
  - 4.5 Throwing events and procedure with personal implements
  - 4.6 Decision on opening heights and progression in vertical jumps.  
Proposal:  
High Jump, Women:  
150-155-160-165-170 + 3 cm  
Pole Vault, Women:  
295-310-325-335-345-355-365-375-385-395 +5 cm  
High Jump, Men:  
180-185-190-195 + 4 cm  
Pole Vault, Men:  
400-415-430-440-450-460-470-480-490-500-510 +5 cm
  - 4.7 Triple Jump take-off lines: Men 13m and 11m, Women 11m and 9m
- 5) Call Room
  - For Call-Room timetable see timetable.
  - Items to be checked: Bib and competition clothing. Mobile phones or other similar items are NOT permitted in the infield.
- 5.2 Protest and Appeals:  
Decision on the procedure and fee.
- 5.3 Ceremonies:  
Timetable and procedure for Medal ceremonies
- 5.4 Confirmation of entries:
  - During Technical Meeting (all events)
  - Changes or withdrawals during the competition should be communicated via WhatsApp, either through group or to Elisa Thyrsted (+45 2983 3442)
  - Relay teams need to confirm their running order in call room
  - Official start lists will be published on Roster after Technical Meeting
- 6) Arena Information
- 8) Any other matters
- 9) Closing the meeting