



Nordic Championships in combined events



Team manual

Championships website

Official championship website is <https://fri.is/motamal/nm-nordic-combined-events-championships/>

Arrival and departure

The official airport is Keflavík airport. All teams will take the Flybus to the hotel except two persons with pole bags, they will be driven separately to the hotel. Pick up for poles will be as follows:

- 8:30 – one pole bag
- 14:30 – 5 pole bags (teams arriving at 13:45 and 14:00)
- 15:30 – 3 pole bags (team arriving at 14:45)
- 18:00 – 2 pole bags (team arriving at 16:55)

An official from the LOC will be at the airport to greet and help teams.

For departure all teams must let a staff member at the desk in the lobby of the hotel know at what time your teams needs the flybus, we recommend being at the airport at least two hours before departure. Pole bags will be driving seperetly with two persons per team and pick up at the hotel will be as follows:

- 3:30 – 4 pole bags (teams departing at 6:10 and 6:25)
- 6:00 – 2 pole bags (team departing at 8:45)
- 8:00 – 3 pole bags (team departing at 10:40)

Hotel

All teams will be staying at Hotel Cabin, <https://hotelcabin.is>

Meals

Meals at the hotel:

Breakfast will be served at the hotel from 7:00 - 10:00

Dinner will be served at the hotel from 18:00 - 21:00,

Meals at the stadium:

Lunch will be served at the competition site (see map) from 12:00 - 15:00.

Meals at Café Ease:

Dinner on Friday June 14th will be at Café Easy from 19:00 - 20:30, which is located at Engjavegur 6 in Reykjavík. Buses from the competition site will be provided.

Team meetings

Unfortunately there are no meeting rooms at the hotel but it is possible to to have team meetings at Café Easy before or after the technical meeting. Please let us know if your team needs to have a

team meeting after the technical meeting at Café Easy so we can adjust the bus schedule accordingly.

Technical meeting

Technical meeting will take place at Café Easy at 20:00.

Dressing rooms and warm-up

Dressing rooms are located in the indoor facilities.

Warm-up can be done in the indoor facilities or on the artificial grass outside if no football teams are on the field.

Training

Training will be available for the team at the competition site on Friday June 14th from 17:30-19:00. Transport will be provided.

Call room

Call room is located next to the 100m back straight, see map.

Calling time, only for the first event of the day:

20 minutes before running event

30 minutes before long jump

Athletes will enter the competition venue 15 minutes before running event and 25 minutes before long jump.

Personal implements check

Personal implements can be checked in one hour before your competition starts on Saturday. The implement check in will be located next to the call room, see map. To get your implements back, you go to the implement check when the combined events is finished.

Start lists and results

The start list as well as live results:

<http://mot.fri.is/MotFRI/SelectedCompetitionEvents.aspx?Code=NMMULTI-24>

Prize Ceremonies

Prize ceremonies will be at 19:00 at the competition venue or 15 minutes after the last event if there will be any delays.

Contact details

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LOC

Meeting director

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Appendix 1 - Map



- A - Competition venue
- B - Indoor rest area for athletes, warm up area (football field with artificial grass), dress rooms
- C - Food hall
- D - Call Room, implements check (second floor)
- E - Bus stop

Appendix 2 - Bus schedule

Friday

Time	From - to
17:00	Hotel to venue
19:10	Venue to Café Easy
20:30 and 21:00	Café Easy to Hotel

Saturday

Time	From - to
9:00	Hotel to venue
9:40	Hotel to venue
10:10	Hotel to venue
16:40	Venue to hotel
17:10	Venue to hotel
18:40	Venue to hotel
19:10	Venue to hotel

Sunday

Time	From - to
7:30	Hotel to venue
8:30	Hotel to venue
9:30	Hotel to venue
10:30	Hotel to venue
12:00	Hotel to venue
14:00	Venue to hotel

17:30	Venue to hotel
19:30	Venue to hotel

Appendix 3 - Technical meeting agenda

- **Time:** Friday June 13th, 2024, at Café Easy
- **Place:** Engjavegur 6, 104 Reykjavík, third floor.
- **Chaired by:** Björgvin Brynjarsson, Technical Delegate.
- **Appointment of the Jury of Appeal:** One from each Nordic country.
- **Welcome and presentation:** Íris Berg Bryde, project manager.
- **Protests:** Protests will be handled according to WA rules, which in short says that if you are not satisfied with the decision by an event referee you can appeal to the jury. The competitor or team manager will normally be requested to make the protest within 30 minutes after the official announcement of the results. Protest fee is 90 euros or corresponding sum in local currency. The fee will be returned if the jury accepts the protest.
- **The program:** Timetable, list of participants, order of lanes, jumping and throwing order will be available online at <http://mot.fri.is/MotFRI/SelectedCompetitionEvents.aspx?Code=NMMULTI-24>
- **Call room procedures:** Athletes should have information on their time to report to the Call Room. Call Room will be situated in the south end of the venue.
 - Track events 20 minutes before start
 - Long jump 30 minutes before start
- **Starting heights:**
 - **High Jump:**
 - Men: 1,75
 - U20 Men: 1,66
 - U18 Men: 1,57
 - Women: 1,54
 - U20 Women: 1,48
 - U18 Women: 1,45
 - **Pole Vault:**
 - Men: 3,80
 - U20 Men: 3,80
 - U18 Men: 2,70
- **Practice trials:** At least two but otherwise as many as time will allow but the timetable will be strictly adhered to.
- **Starters command:** In English.
- **Control of implements:** Personal implements will be accepted one hour before start of your event. Bring implements to the technical information center on the second floor.
- **Doping control:** Contact Technical Delegate if you need to have a doping test arranged. Athletes may expect random doping tests.
- **Medal Ceremonies:** Gold, silver and bronze medals awarded to top three combined event scorers in each age group at the end of competition.

- **Bibs:** Athletes will only wear one bib in the competition, it shall be worn on the front.
Athletes in high jump and pole vault can choose to wear the bib on the front or the back.
- **Venue information:** See map.
- **Any other business.**