



Team Manual

Nordic Championships

cross country running 2011

Uddevalla 12 Nov





Ljungskile
- där havet möter fjället

Local organizing committee

Competition manager	Christian Persson
Appointed technical manager (SAA)	Gunnar Holm
Competition director	Juhanni Jouniola
Timing manager	Roland Kindslätt
Competition secretary	Patrik Hägg
Prize ceremonies	Martin Burrows
Accommodation	Elizabeth Carlberg
Transport manager	Henrik Bohlin
	Göran Carlberg
Sponsors	Ulf Björklund
Delegate of the council of SAA	Lillemor Rönbrandt

Contacts

Christian Persson

christian@skolutveckling.com

Local host

tel. 070-684 3238

Andreas Thornell

andreas.thornell@friidrott.se

Swedish Athletic Association

Tel: +46 8 587 721 42 Mob: +46 739 68 43 17

General information

Hotel

All participants are going to stay at Best Western Hotel Carlia down in the city center. From its position it is a short walking distance to both the bus and the train station. Even facilities like pharmacy, grocery stores and automatic cash dispensing machines are available just outside the hotel.

To the competition course it is about 15-20 minutes to walk. On Saturday day there will be a bus assisting both leaders and participants with transportation.

BEST WESTERN Hotel Carlia

Norra Drottninggatan 26
451 31 Uddevalla
Tel: 0522-141 40
Epost: info@carlia.com

General activities

Program for activities during Friday afternoon;

18:30 - 20:30	Evening buffet at the hotel restaurant
20:00	Technical meeting
21:00	National meetings

Teams who want to be able to visit the competition course on Friday afternoon can just take a contact with the local host in advance, and we will arrange the visit. Just realize that it will be dark approximately at 4,30 pm and that the course is not illuminated.

Extra participants

It is possible for some few supplementary athletes to start, out of competition. For this category of participants we will charge a fee of 150 SEK.

Meals

Hotel

Friday	Lunch	14:00-15:00
Friday	Evening buffet	18:30 - 20:30
Saturday	Breakfast	07:00 - 11:00

The meals will be served in the hotel restaurant

Rimnershallen

Saturday	Lunch	13:00 - 15:00
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The lunch will be served in conference room 1 on first floor.

Arrival

Just contact LOC if some participants wants¹ to be picked up in Uddevalla by the train or bus station and be transported to the Hotel or the competition course.

Just have in mind that it is just 5 minutes walk from the bus station to the hotel and 10-15 minutes between the railway station and the hotel.

Checking out, departing

Checking out from the hotel must be done before the competition starts at 11:00.

It is then important to pay for all extra costs like telephone, bar, pay-TV etc, that have been charged on the room

After competition, lunch and prize awards have LOC arranged with transportation by bus to the railway station and to the bus station. In Uddevalla they are on two separate places.



Transportation on Saturday

Schedule for bus transportation between the hotel and the competition area:

09:00, 09:30, 10:00, 10:30, 11:00

Competition area

The competition will be hold in the fields directly east of Rimnershallen. The area is a former military training ground.

Dressing rooms

The participants will use the dressing rooms at Rimnershallen, a huge, modern indoor arena for athletic and several other sport disciplines. There will be two dressing rooms for men and two for woman available during Saturday.

Training and course inspection

The course will be open and available for inspection and training on Friday afternoon and Saturday morning until the competition starts. It is not accepted to train at the course after 11:00 on Saturday.

Technical information

A technical meeting will be arranged at the Best Western Hotel Carlia on Friday night at 8 pm. The meeting will be in English. Every national team has the possibility to participate with two represents.

From LOC will following persons participate;

Competitions manager	Christian Persson
Appointed technical manager (SAA)	Gunnar Holm
Competition director	Juhanni Jouniola
Timing manager	Roland Kindslätt
Lodging manager	Elizabeth Carlberg
Transport manager	Göran Carlberg
Running judge	Svante Johansson

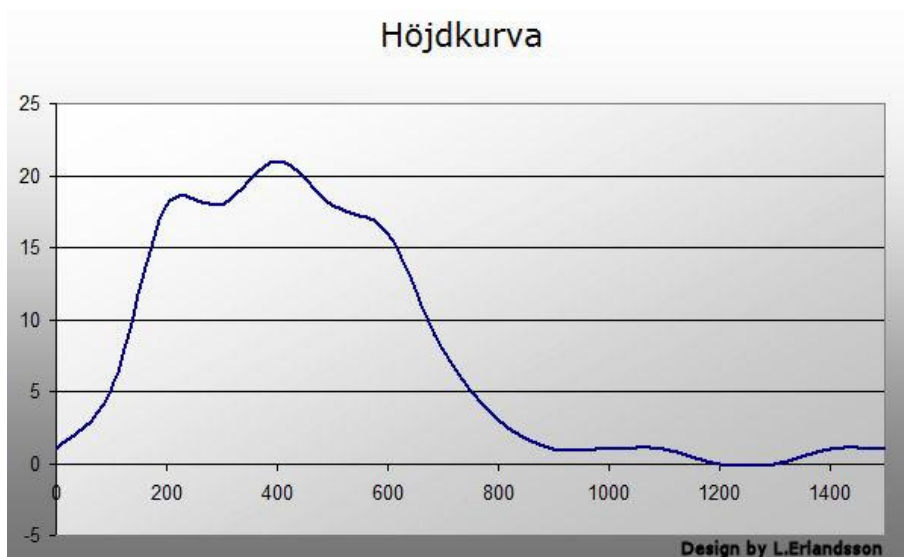
Race numbers

Every participant will get a race number to wear on the front of their racing shirt. It is not accepted to turn in or cut out some parts of the race number. The race numbers will be delivered during the technical meeting on Friday evening.

The running course

The course is 1500 meters and the surface is predominately gravel and sand, but also some parts with grass. The difference in altitude between the highest and the lowest position on the course is 20 meters. You can see the profile below.

Distances:	Men	9km	6 laps
	Female	7,5km	5 laps
	Men 19	6km	4 laps
	Fem 19	4,5km	3 laps



Competition rules

We are of course following the stipulation in the Nordic Handbook and in the IAAF Rules. We will here just give some important example;

Each Nordic country may enter one team in each race. The sizes of the teams shall be:

Men: Maximum 8 runners (4 best score)

Women Maximum 7 runners (3 best score)

Men 19: Maximum 7 runners (3 best score)

Women 19: Maximum 7 runners (3 best score)

In the team competition are we calculating out of their positions, not their result, measured in time.

Example

Country 1: Place 2 + Place 4 + Place 11 + Place 13 = Totally 30

Country 2: Place 1 + Place 3 + Place 11 + Place 20 = Totally 35

This means that country 1 has won. The lowest sum will win.

If two countries will reach the same sum, their internal positions in the team competition will be decided out of the position of the last scored member in the team.

Example

Country 1: Place 2 + Place 4 + Place 11 + Place 13 = Totally 30

Country 2: Place 1 + Place 3 + Place 11 + Place 15 = Totally 30

Even this time will country 1 win, because their last scored team member became number 13, and the last scored team member in country 2 came on 15'th place.

Results

The results will be continually published by on a bulletin board close to the start and finishing area, it will even be published on www.halleif.nu and www.friidrott.se

Dressing code

Every member of the national teams will be dressed in their national competition wear. For those who participate out of competition, they will be dressed in accordance to their clubs standard.

The accomplishment of the competition

Confirmation

No signature on starting list. But - alterations in the starting list must be done at latest 30 minutes before announced starting time, to the running judge - by the start.

Calling

By the start, at least 5 minutes before the announced starting time.

Warming up dresses

Could be deposed on benches in a red building just beside the starting line. The finish is on the same spot, so it's just 20 meters to go after the race to get the clothes again.

Liquid

Water and energy drinks will be served during the race and after.

Start

The starter will order : On your marks - shot

Protest

Any protests must be delivered to the competition director at latest 30 minutes after that the results have been announced on the bulletin board. When it comes



Prize ceremonies

Will be arranged inside Rimnershallen at following times:

13:45 Juniors 14:00 Men and Woman

Health service

Will be available in the competition area

Agenda of the technical meeting

1. Opening of the meeting by Christian Persson, chairman of the LOC
2. Welcome by represent from the hosting federation.
3. Presentation of the attendants from LOC and the hosting federation.
4. Presentation of represents from the national teams.
5. Nomination of a jury appeal. They will be from different countries, including one chairman and two members.
6. The program of the championships
7. Rules of the championships
8. Timetable

11:00	Opening up ceremony	
11:15	Women 19	4 500m
11:45	Men 19	6 000m
12:30	Women	7 500m
13:00	Men	9 000m
13:45	Prize ceremony	Juniors
14:05	Prize ceremony	Men + Women
13-15	Lunchbuffet will be served	
9. Competition area
10. Technical information
11. Protests

12. Start lists

13. Any other question

14. The meeting will be closed

