



NORDIC PARA ATHLETICS CHAMPIONSHIPS 2026

TEAM MANUAL

1. Website for the Championships

For all information, please visit:

<https://www.friidrott.se/landskamper/nordiska-masterskapen-i-parafriidrott/>

2. Hotel – Accommodation

All Teams will be accommodated at Arenahotellet:

reception@arenahotellet.se

Edith Södergrans gata 6

754 60 Uppsala

+46 (0)18 35 00 25

3. Team meetings

Conference rooms at the hotel may be used for team meetings. Team leaders can contact the hotel directly to request a conference room for team meeting. *(The conference rooms are not included in the hotel booking, so there may be an extra cost for the teams.)*

4. Meals

Meals will be served at Arenahotellet:

Friday, dinner: 18.00–21.00

Saturday, lunch: 11.30–14.00

Saturday, dinner: 18.00–21.00

Sunday, lunch: 11.30–14.00

There will also be a cafeteria at the track that serves hot dogs, hamburgers, ice cream, mixed snacks, coffee and soft drinks. *(Not included in the pre-paid food and accommodation package.)*

5. Local transportation

There is a bus stop only 300m from the hotel, Lagerlöfsgatan. With bus number 3 you get directly to city centre in 15 minutes. This is the best way to travel in Uppsala. You can pay with card on the bus or use the app UL *(yellow app with a circle around the letters).*

6. Technical Meeting

The Technical Meeting will be held on Friday September 4th at 19.00 at Uppsala Friidrottsarena, next to the kiosk. The agenda for the Technical Meeting is shown in Appendix 3.



Destination
Uppsala.



7. Dressing Rooms

Dressing rooms, Showers and Warm-Up Areas are all located at Uppsala Friidrottsarena, Råbyvägen 77, 754 60 Uppsala. Note that our indoor facility has the same address but is not booked for this event.

8. Bibs

Team Leaders will receive their team's bibs during the Technical Meeting.

9. Call Room

We will not use a call room for this competition. Calling will be done at each event before the start:

Track events – 10 minutes before start of competition

Field events – 20 minutes before start of competition

At calling; uniform clothing, bibs, shoes, bags and other equipment will be checked according to the competition rules. No electronic devices will be allowed inside the competition area.

10. Introduction of participants

All participants will be lined up and introduced individually before the start of each event.

11. Personal Implements Check

Personal throwing implements must be checked and marked as approved by the Technical Manager before the competition. Personal implements must be presented to the Implement Check (see Appendix 2) no later than 120 minutes before the start of each throwing event. Preferably Friday evening before the technical meeting and can be picked up after each competition.

12. Result service

Results will be updated live at <https://easyrecord.se/live?c=41kVFF>

13. Victory Ceremonies

The three best athletes in each event will participate in the Victory Ceremony, immediately after end of each event.

Apendix 1: Time Schedule

Nordic Para Athletics Championships 2026

Saturday

Tid	Running events	High Jump	Shot Put	Discus Throw	Tid
10:00	Men T20 100 m Qualification			Women F55, F57 Men F34, F55, F57	10:00
10:10	Women T71, T72 100 m Final				10:10
10:20	Men T71, T72 100 m Final				10:20
10:30	Men T12, T37, T38 100 m Final				10:30
10:35	Women T54, T52, T54 100 m Final				10:35
10:45	Women T35, T38, T47, T62, T63 100 m Final				10:45
10:50	Women T20 100 m Final				10:50
11:00	Men T20 100 m Final				11:00
11:40				Women F20, F44 Men F20, F41	11:40
12:40		Women T13 Men T20			12:40
13:30	Women T71, T72 800 m Final Men T72 800 m Final				13:30
13:40	Women T54 800 m Final Men T54 800 m Final				13:40
13:50	Men T20, T38 800 m Final				13:50
15:20			Women F20, F37, F44, F62		15:20
17:00	Men T72 400 m Final				17:00
17:05	Women T71, T72 400 m Final				17:05
17:15	Women T54 400 m Final Men T52, T54 400 m Final				17:15
17:25	Men T20 400 m Final (A+B)				17:25
17:40	Men T12, T38 400 m Final				17:40
17:45	Women T20, T38 400 m Final				17:45
18:10	Women T13, T20, T38 5000 m Final				18:10
18:40	Men T20, T38 5000 m Final				18:40
18:50					18:50
19:05	Women T72 5000 m Final Men T72 5000 m Final				19:05

Sunday

Tid	Running events	Long Jump	Shot Put	Javelin	Tid
09:00		Men T12, T20	Women F54, F57 Men F34, F55, F57		09:00
10:15		Women T35, T38, T47, T63			10:15
11:20	Men T20, T38 1500 m Final	Women T20			11:20
11:30	Women T72 1500 m Final Men T72 1500 m Final				11:30
11:45	Women T13, T20, T38 1500 m Final				11:45
12:00				Women F54, F55, F57	12:00
12:20			Men F12, F20, F41		12:20
12:50	Women T71, T72 200 m Final				12:50
12:55	Women T54 200 m Final Men T52, T54 200 m Final				12:55
13:00	Men T37, T38, T47 200 m Final				13:00
13:15				Men F20, F38, F41	13:15
14:05	Women T20, T35, T47, T62 200 m Final				14:05
14:10	Men T71, T72 200 m Final				14:10
14:20	Men T20 200 m Final (A+B)				14:20
14:55				Women F20, F35, F44	14:55

Appendix 1: Program day by day

Nordic Para Athletics Championships 2026

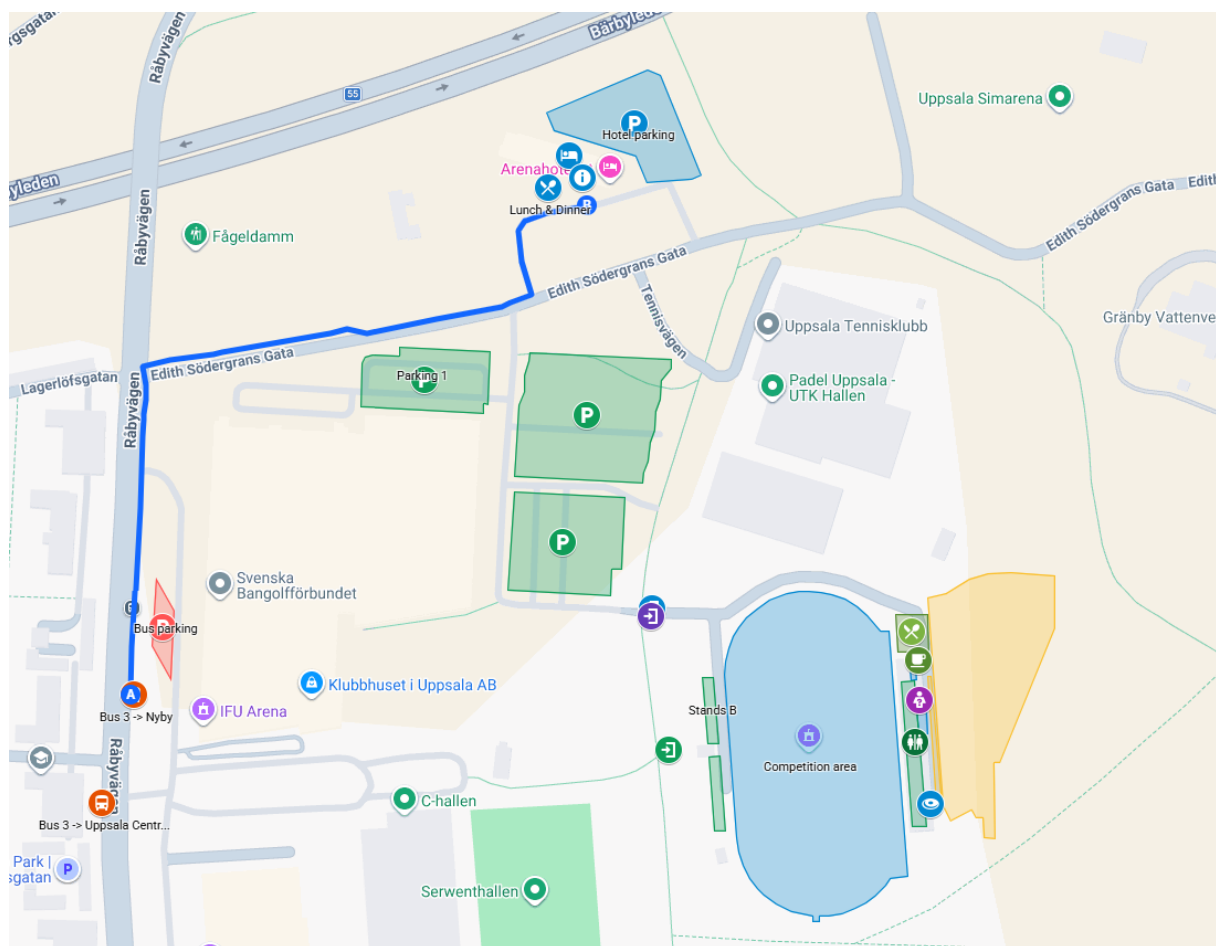
		Women T13	Women T20	Women T35	Women T38	Women T47	Women T54	Women T62	Women T63	Women T71	Women T72	Women F20	Women F35	Women F37	Women F44	Women F54	Women F55	Women F57	Women F62	Men T12	Men T20	Men T37	Men T38	Men T47	Men T52	Men T54	Men T71	Men T72	Men F12	Men F13	Men F20	Men F34	Men F38	Men F41	Men F55	Men F57
100 m		Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat									Sat	Sat	Sat	Sat		Sat	Sat	Sat	Sat									
200 m		Sun	Sun		Sun	Sun	Sun		Sun	Sun										Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun									
400 m		Sat		Sat		Sat			Sat	Sat									Sat	Sat		Sat		Sat	Sat		Sat									
800 m						Sat			Sat	Sat										Sat		Sat			Sat		Sat									
1500 m	Sun	Sun		Sun						Sun										Sun		Sun					Sun									
5000 m	Sat	Sat		Sat						Sat										Sat		Sat					Sat									
High jump	Sat																			Sat																
Long jump		Sun	Sun	Sun	Sun			Sun											Sun	Sun	Sun		Sun													
Shot put										Sat		Sat	Sat	Sat		Sun	Sun											Sun	Sun	Sun	Sun		Sun	Sun	Sun	
Discus										Sat			Sat		Sat	Sat														Sat	Sat		Sat	Sat	Sat	
Javelin										Sun	Sun		Sun	Sun	Sun	Sun														Sun	Sun	Sun	Sun		Sun	



Destination
Uppsala.



Appendix 2: Arena Layout



Uppsala Friidrottsarena, Råbyvägen 77, 754 60 Uppsala

Link to map: [Google Maps: Nordic Para Athletics Championships 2026](#)



Destination
Uppsala.



Appendix 3: Agenda for Technical Meeting

1. Opening and welcome
2. Presentation of attendants:
 - LOC
 - Competition Director – Per Gyllenhammar Hoppe
 - Competition Secretary
 - Competition Doctor
 - Technical Manager
 - Team leaders
 - Denmark
 - Faroe Islands
 - Iceland
 - Norway
 - Sweden
3. Nomination of the Jury of Appeal:

Three members from the teams will be selected by the Technical Meeting. As well as a deputy member in cases where conflict of interest could arise.
4. General Information of the Championship events
 - 4.1 Competition timetable has been distributed in advance (appendix 1).
 - 4.2 For basic rules see World Athletics and World Para Athletics Technical Rules.
 - 4.3 Start commands will be in English: ON YOUR MARKS, SET (STAND UP).
 - 4.4 Personal throwing implements will be checked and made available for all participants, at the owner's risk. Javelins, shots, discuses and clubs must be presented to the Implement Check (see map, appendix 2) no later than 120 minutes before the start of each event. Preferably Friday evening before the technical meeting and can be picked up after each competition.
5. General Information
 - 5.1 Appeals to the Jury of Appeal shall be made in English writing and accompanied by a deposit of 50 EUR or 500 SEK and left to TIC (secretariat) within 30 minutes after the official announcement of the results of the event.
6. Confirmation of entries

Team leaders inform the Competition Secretary if there are any changes in the start lists.
7. Athlete 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 Secretary.
8. Arena information
 - Warm-up areas
 - Location of TIC / Secretariat
 - Location of the Implement Check
 - First aid point



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Uppsala.



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 invoiced to the team's National Federation.

10. Information about meals

11. Questions from the teams

12. End of Technical Meeting