

Team Manual

Nordic masters open championship

The Icelandic Athletic Federation and the athletic club Ármann welcome you to the Nordic masters open championships in Laugardalshöll, Reykjavík.

Arrival

The international airport is in Keflavík which is about an hour from Reykjavík. There are fly buses that depart from the terminal and it operates in connection with all arriving flights with direct transportation to Reykjavík city center but it is also possible to book the flybus directly to your hotel with Flybus+. All information and booking of the flybus is on their website <https://www.re.is/>. Taxis are also available from the airport and they are located right outside the terminal.

Venue

The competition venue is located in Reykjavík and it has 8 lane 60m track and 4 lane bent 200m track. There are dressing rooms with showers. The venue is open from 10am on Friday for light training and site visit. The address is Engjavegur 8, 104 Reykjavík.

Technical meeting

Technical meeting with the head referee will be at 20:00 on Thursday at Engjavegur 6, 104 Reykjavík on the third floor, this is next to the venue. Agenda for the meeting will be sent out the day before. Jury of appeal will be decided at the technical meeting with one from each of the Nordic countries.

Relays

Teams that intend to send a team for relay should e-mail to iris@fri.is the team line up no later than before the technical meeting on Thursday because the number of teams might impact the timetable.

Starting heights and progression in vertical jump events

Starting heights will be decided at the technical meeting.

Protest and appeals

Protests concerning the result or conduct of an event shall be made to the Referee within 30 minutes from the official announcement of the result of that event. The Referee's decision on the protest can be appealed to the Jury of Appeal within 30 minutes. The appeal deposit is 100 euros.

Buses and taxi

There is a bus stop about 150 meters from the venue, you can use the website <https://straeto.is/en> to plan the route but you need to download an app called "Klappið" for tickets or use the website <https://www.klappid.is/en>.

For information on taxi you can visit the website <https://www.hreyfill.is/en/> or ask in the hotel lobby to book for you.

Timetable

Timetable with call room times and on field times is in appendix 1. Calling for:

- Track events 20 minutes before start
- Field events 35 minutes before start (except for pole vault)
- Pole vault 50 minutes before start

Bibs pick up

Athletes can pick up their bibs for the competition at the following times:

- Thursday at the technical meeting
- Friday from 15:00 to 18:00
- Saturday from 8:30a to 11:00

Poles

In appendix 2 are the list of poles we have for loans. Please note that if an athlete breaks a pole there will be a fine of 800 euros for the poles from EssX and 200 euros for the other poles. The fine must be paid before 26th of February with cash. All participants in the pole vault must make a 200 euros deposit before the start of the event, it will be repaid after the event if the pole is intact.

Implement weigh-in

Athletes can bring their implements for weigh in 90 minutes before the start of the event except for weight throw men, that should be the on Saturday.

Important information

As from Monday February 20th both oil truck drivers and hotel staff that clean the rooms and other are on strike. That means that you might experience less service at the hotels, and buses and taxis will be on a limited time schedule. We hope that the strike will be over before the weekend.

We are unable to plan a dinner party due to the strike.

Weight throw

The venue does not have a designated are for weight throw and because of that there can only be one other event ongoing at the same time due to security reasons. Therefore, we would like to propose that men in the age category 35-54 compete in weight throw on Saturday after the women weight throw. This will be discussed at the technical meeting.

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Appendix 1 – Timetable

Friday

Event	Age	Time
Shot put women	35-44	16:30
Tripple jump women	All ages	17:00
60m men	35-44	17:00
60m men	45-49/55-59/65-69	17:05
60m men	50-54	17:10
60m men	60-64	17:15
60m men	60-64	17:20
60m men	70-74/80-84	17:25
60m men	75-79/85-89/95-100	17:30
Shot put women	50-64	18:00
60m women	35-49	17:50
60m women	50-54	17:55
60m women	55-59	18:00
60m women	60-64	18:05
60m women	65-69/75-79	18:10
60m women	70-74/80-84	18:15
Tripple jump men	40-64	18:20
Track walk mixed	All ages	18:45
Shot put women	65-84	19:30
Tripple jump men	65-84	19:30
800m men	40-44/50-54	19:10
800m men	45-49/55-59	19:20
800m men	60-64	19:30
800m men	65-69	19:40
800m men	70-74/75-79	19:50
800m men	80-84/85-89	20:00
800m women	35-49	20:10
800m women	50-54	20:20
800m women	65-74	20:30

Saturday

Event	Age	Time
Pole vault men	All ages	10:00
Long jump women	35-59	10:00
Shot put men	35-54	10:00
200m men	35-44	10:00
200m men	45-49	10:05
200m men	50-54	10:10
200m men	50-54	10:15
200m men	55-59	10:20
200m men	60-64	10:25
200m men	60-64	10:30
200m men	65-74	10:35
200m men	75-79	10:40
200m men	75-79	10:45
200m men	80-84	10:50
200m men	85-89/95-100	10:55
200m women	35-44	11:10
200m women	45-49	11:15
200m women	50-54	11:20
200m women	50-54	11:25
200m women	55-59	11:30
200m women	60-64	11:35
200m women	60-64	11:40
200m women	65-69	11:45
200m women	70-74	11:50
200m women	70-74	11:55
200m women	75-84	12:00
Long jump women	60-84	11:30
High jump men	70-84	12:00
3000m men	35-54	12:20
3000m men	55-69	12:45
3000m men	70-89	13:10
High jump men	60-69	13:00
3000m women	All ages	13:40
High jump men	40-59	14:00

4x200m men	All ages	14:10
4x200m women	All ages	14:30
Weight throw women	35-59	15:00
Weight throw women	60-84	16:20
Weight throw men	35-59	18:00

Sunday

Event	Age	Time
Weight throw men	60-74	09:00
High jump women	All ages	10:00
Weight throw men	75-84	10:30
Long jump men	40-54	11:00
60m hurdles women	All ages	12:00
60m hurdles men	All ages	12:20
Pole vault women	All ages	12:30
Long jump men	55-69	12:30
400m women	35-49	13:24
400m women	50-54	13:30
400m women	55-64	13:36
400m women	65-69	13:42
400m women	70-74	13:48
Long jump men	70-84	14:00
400m men	34-44	13:54
400m men	45-49	14:00
400m men	50-54	14:06
400m men	55-59	14:12
400m men	60-64	14:18
400m men	60-64	14:24
400m men	65-69	14:30
400m men	70-74	14:36
400m men	70-74	14:42
400m men	75-79	14:48

400m men	75-79	14:54
400m men	80-84	15:00
400m men	85-89	15:06
1500m women	All ages	15:10
1500m men	45-54	15:25
1500m men	55-69	15:40
1500m men	70-89	15:55

Appendix 2 – Poles

Manufactures	Length	Rating (LBS)	Info
Nordic	300		
Nordic	355	90	Shortened about 330
Nordic	375	100	Shortened about 350
Nordic	375	115	
Nordic	375	140	
Nordic	400	130	
Nordic	400	135	
Nordic	400	140	
Nordic	400	145	
Nordic	415	145	
Pacer	-	90	
UCS	460	180	
UCS	460	170	

Manufactures	Length	Rating (LBS)
EssX Poles	415/64	140
EssX Poles	415/69	150
EssX Poles	430/69	150
EssX Poles	430/71	155
EssX Poles	430/73	160
EssX Poles	430/75	165
EssX Poles	445/82	180
EssX Poles	460/80	175
EssX Poles	460/82	180