



Team Manual

Nordic U20 Match and Championships

Denmark, Finland, Iceland, Norway, Sweden

26-27 July 2025

Uppsala Friidrottsarena, Uppsala, Sweden

Website: <https://www.friidrott.se/landskamper/nordiska-juniorlandskampen/>

Here you will find the results service and all other event information

Version 2025-07-22

Changes:

250702: Updated maps in Appendices 3 and 4

250722: Updated transportation map and schedule, height progressions, added team contacts, call room schedule

250725: Updated relay scoring, height progressions, updated bus schedule



1. General information

The outdoor "Uppsala Friidrottsarena" is located at Råbyvägen 77, Uppsala, Sweden. The arena has 8 lanes. Close by is the indoor arena "IFU" where also the restaurant is located.

Team contacts

Sweden, Norway, Peter Jonsson (+46 70 986 02 32)

Denmark, Iceland, Jan Dahl (+46 70 603 74 05)

Finland, Fanni Peura (+46 76 931 30 14)

2. Final registration

The final date for registration is Monday 21 July at 23:59. Each team leader should fill in the athletes in <https://www.easyrecord.se/entry?guzUyy> – password sent separately to team contacts. Please contact Linus Boyer if you have questions or issues. Changes after 21 July will be made at the technical meeting.

3. Transportation

Transportation to and from Arlanda airport according to separate team schedules. A member of the local organizer will greet you at the arrivals gate.

Since the Arena hotel close to the arena has been fully booked for a long time, all teams are booked at city hotels. Transportation will be carried out by bus between the respective hotel and the arena according to a separate schedule + map (to be included in Appendix 4).

4. Hotels - accommodation

The national teams will be accommodated in double rooms unless otherwise agreed.

Sweden	Elite Hotel Academia	Tel No +46 18 780 99 00
Norway	Home Hotel Uppsala	Tel No +46 18 681 100
Denmark	Hotell Botanika	Tel No +46 18 888 06 00
Iceland	Hotell Botanika	Tel No +46 18 888 06 00
Finland	BW Svava Hotel	Tel No +46 18 130 030

Team Meetings

Please contact linus@uiffriidrott.se for your preferences on time and we will try to accommodate.

5. Meals

Breakfast buffet will be served from 07:00 to 10:30 at all hotels.

Lunch and dinner will be served at IFU Arena restaurant close to the competition arena (see map in Appendix 3). Lunch and dinner tickets will be supplied.

Friday

Dinner 16.30-19.30

Saturday

Lunch 11.00-14.30

Dinner 16.30-19.30

Sunday

Lunch 11.00-15.00

6. Technical meeting

The technical meeting will take place at 20:00 on Friday 25 July in the conference room under the main stands on the outdoor arena. Each country can participate with four people.

The final list of championship participants (including late changes) is required by the Team Leaders at the Technical Meeting. The Members of the Jury of appeal will also be confirmed. The agenda is compiled in Appendix 1.

7. General competition information

Dressing rooms and warm-up areas

At the arena there are limited amount of dressing rooms with showers. On Sunday we ask the athletes to use the dressing rooms for change of clothes directly after their competition to avoid congestion before buses leave for the airport.

Warm up areas are on the throwing field behind the stadium as well as outside the arena (see map in Appendix 3).

Training on Friday: Training at the arena is possible 15:00 – 22:00.

Competition time schedule is shown in Appendix 2.

Poles for pole vault: Please, contact Anders Gustafsson +46 70 2842608 on Friday to leave the poles at the stadium.

Implement check:

Personal throwing equipment must be checked and marked as approved by the Technical Manager before the competition. The equipment must be presented to the Technical Office located at the back of the main spectator building (see map in Appendix 3) not later than 90 minutes before the start of each event. The personal throwing equipment is returned after the events at the same place.

The Technical office is open on Saturday from 11:30 and on Sunday from 08:00.

Implement List from LOC:

Shot put

6 kg: Nordic 115 mm, Polanik 110 mm, Polanik 120 mm

4 kg: Nordic 95 mm, Polanik 100 mm, Polanik 108 mm

Discus

1.75 kg: Polanik Black with gold rim, Nelco Blue Olympia Super-spin, Nelco Orange Olympia Super-spin

1 kg: Nordic Viking, Nelco Black with silver rim, Nelco Blue Olympia Super-spin

Hammer

6 kg: Polanik 105 mm

4 kg: Polanik 95 mm

Javelin

800g: Nordic Champion Carbon, Nordic Super Elite Steel, Nordic Sandvik Classic Steel

600g: Nordic Valkyrie Steel, Nordic Diana Classic Steel, Nordic Indra Steel

Call room procedures:

The Call Room will be close to the 300m start in a separate tent. See the arena map (Appendix 3). A Call Room timetable is given in Appendix 5.

- 15 minutes prior to the start of track events

- 30 minutes prior to the start of field events (except pole vault)
- 60 minutes prior to the start of pole vault

It is the responsibility of the Team Leaders to ensure that their athletes show up on time at calling. In the Call Room uniform clothing, cover clothing, shoes and bags will be checked according to the competition rules. No electronic devices will be allowed inside the competition area.

Warm up clothes: In the running events there will be baskets for clothes etc. They will be taken to a place behind the finish line.

Shoes: The athlete is responsible for using shoes that are approved for competition, which means that the shoe model must be included in the latest version of World Athletics' Approved Shoe List and the sole thickness must not exceed 20 mm (except for race walk).

[Full list | LIST OF APPROVED ATHLETIC SHOES](#)

Removable inner soles or heel caps are allowed for medical reasons. If an inner sole or heel cap results in the sole being thicker than 20 mm, athletes must present relevant medical information setting out the reasons why customization is necessary.

If athletes are found to be wearing non-compliant shoes, fail to present necessary medical information or do not present themselves to shoe control when requested, they can be disqualified by the referee or shoe control manager.

Introduction of participants

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

Leaving the arena: Athletes shall leave the field of play directly after the event is finished through the mixed zone.

100m, 200m, 400m, 110m hurdles, 400m hurdles will be conducted according to WA TR 20.4.3, 20.4.4 and 20.4.5. The B-heat with four runners will be followed by the A-heat with five runners.

800m will be run in one heat.

Long jump, triple jump and throwing events

All athletes will have six attempts. No change in jumping and throwing order after three rounds.

Starting heights and progression in high jump and pole vault

Men High jump: 179-183-187-191-195-198-201-204 +2

Women High jump: 145-150-155-160-164-168-171-174 +2

Men Pole vault: 397-417-437-451-465-479-489-499-506-513 +5

Women Pole vault: 302-322-337-352-362-372-379-386-393-400 +5

Scoring: 11-9-8-7-6-5-4-3-2-1. For relays 11-8-5-2-1.

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. Exception: in the last two events, the protest and appeal time is limited to 10 minutes each. The appeal deposit is SEK 970 or EUR 90.

Medical care: Personnel will be located at the center of the spectator stand on the arena during competition times (see map in Appendix 3).

Antidoping: Doping tests may be conducted. If tests are required for ratification of a national record, Team Officials can order a test via the competition secretary. The cost for additional tests will be invoiced to the National Federation that ordered the test.

Results: Results will be posted on the web as soon as the results are confirmed.
(<https://www.easyrecord.se/result?quzUyy>).

Opening ceremony: There will be an opening ceremony. The Swedish national anthem will be performed followed by a welcome speech for about one minute.

Victory Ceremonies: For each event, 1st, 2nd and 3rd place athletes and relay teams will be called to the victory ceremony as soon as possible after the event.
The victory ceremony assembly point is in front of the main stands at the center.

The victory ceremony for the Nordic U20 Match will take place as soon as possible after the last event on Sunday. The National anthem of the winning nations will be played.

8. Key people from LOC

Technical delegate:	Åsa Cumlin
Chairman Jury of Appeal:	Per Gyllenhammar Hoppe
Swedish Athletics competition manager:	Daniel Bergin (+46 736 261733)
Project Manager:	Linus Boyer (+46 736 839605)
Competition director:	Per Måwe (+46 706 703423)
Assistant competition manager:	Anders Gustafsson (+46 702 842608)
Technical manager:	Tord Hallberg
Competition secretary:	Johanna Henriksnäs
Photo finish judge:	Ulf Thornander
Call room referee:	Josefin Häggblom
Referee Running events:	Anders Nygren/Erik Söderlind
Start referee:	Kristian Lampo
High jump referee:	Daniel Bergin/Anders Gustafsson
Pole vault referee:	Lina Haglund
Long jump/triple jump referees:	Mats Ahlgren/Krikor Krekorian
Referees throwing events:	Jussi Peura/Stefan Rydåker/Johan Berg
Announcer:	Gustav Zetterlund
Accommodation/transport manager:	Linus Boyer

Technical Meeting

Time: Friday 25 July at 20:00

Place: Conference room under the main stands on the outdoor arena (see map Appendix 3).

Each country can participate with four people.

Agenda:

1. Chairman of the meeting
2. Presentation of key officials and other participants of the meeting
3. Jury of appeal, with members from different teams
4. Routines for protests and appeals: "when, where and the cost of turning in an appeal"
5. Time schedule
6. Lanes/throwing order/jumping order
7. New WA rules
8. Start list changes
9. Information about how late changes can be made
10. Information about the arena (field of play, calling, technical information center, warm-up and implement check)
11. Call room procedures and times
12. Start commands
13. Doping test procedure
14. Price ceremonies
15. Transport information
16. Meal information
17. Other topics

Time schedule

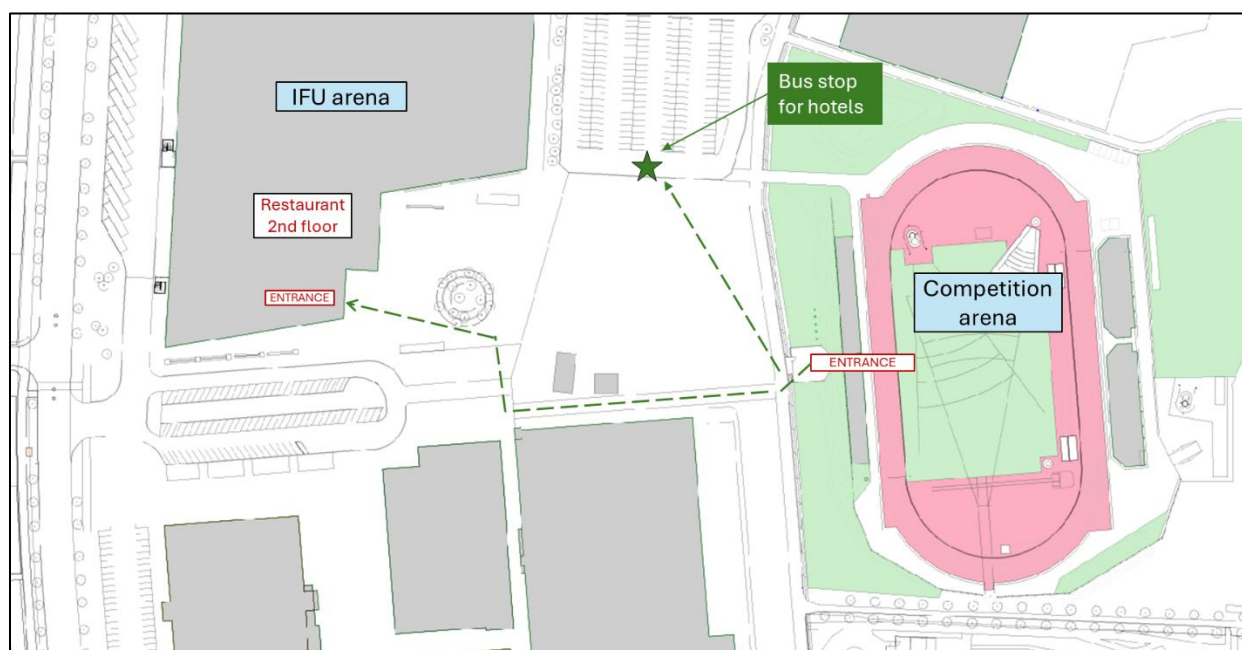
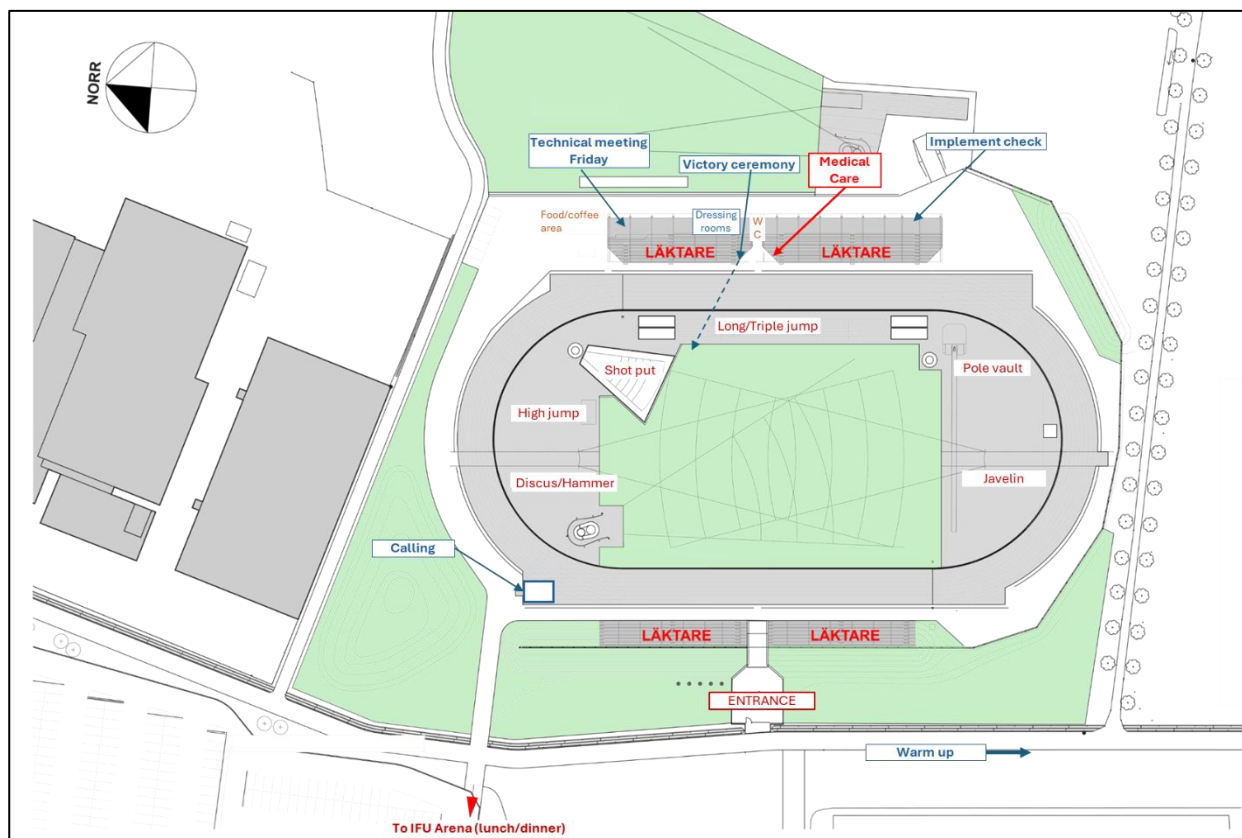
Saturday 26 July

13:30	M Hammer Throw
13:35	M Pole Vault
13:40	M 110m Hurdles
14:00	W 100m Hurdles
14:15	W Long Jump
14:20	Mix 5000m Race Walk
14:50	M Shot Put
15:10	M 3000m Steeplechase
15:15	W Discus Throw
15:30	W 3000m Steeplechase
15:55	W 100m
16:05	M 100m
16:10	W High Jump
16:20	M Long Jump
16:25	W 400m
16:35	M 400m
16:45	W Javelin Throw
16:50	W 1500m
17:05	M 1500m
17:25	W 4x100m
17:40	M 4x100m

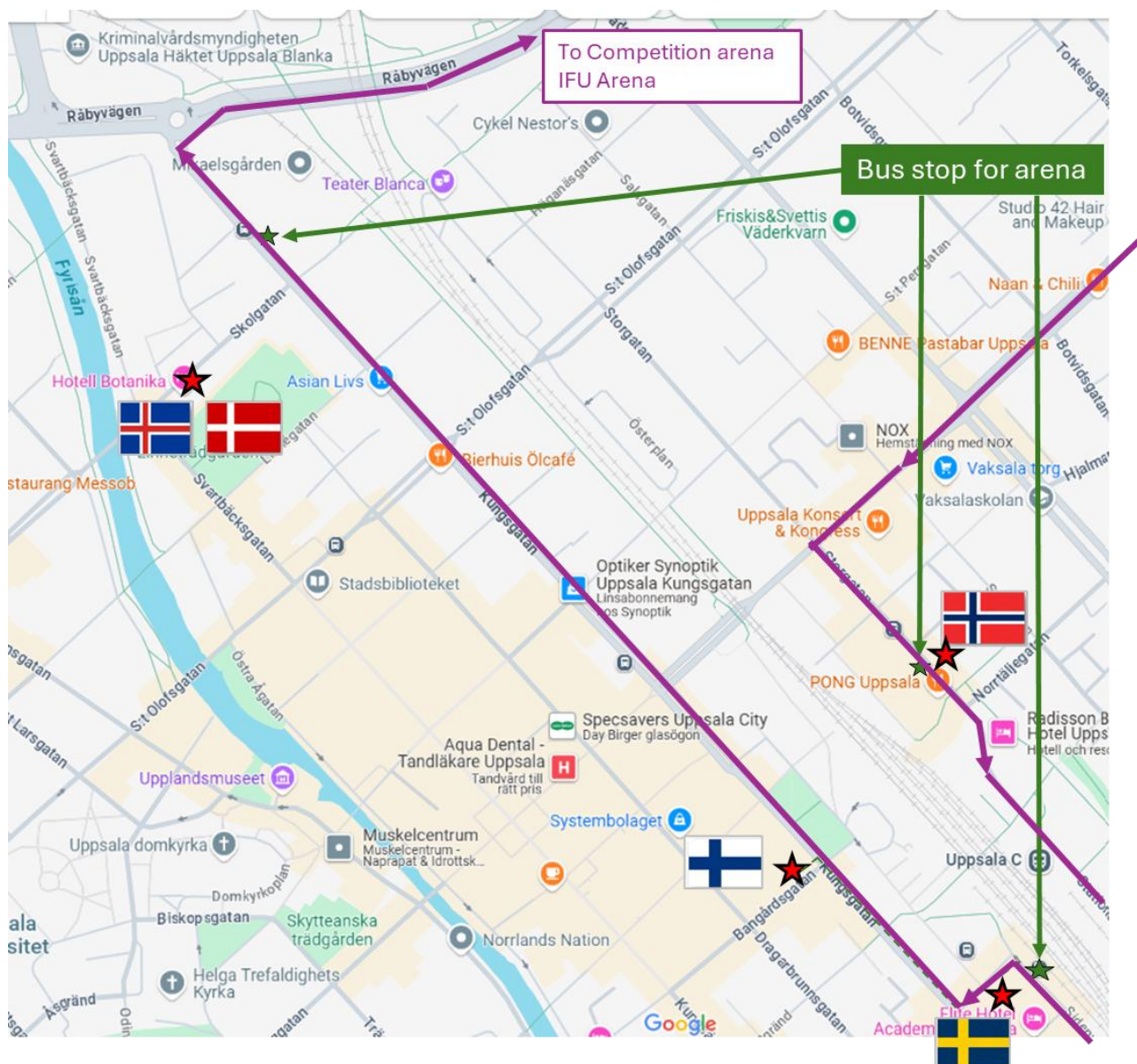
Sunday 27 July

10:00	M Javelin Throw
10:15	W 100m extra
10:25	M 100m extra
10:30	M Triple Jump
10:40	W 400m Hurdles
10:55	M 400m Hurdles
11:15	W Shot Put
11:30	M Discus Throw
11:35	M 800m
11:45	W 800m
11:50	W Pole Vault
12:10	W 3000m
12:25	W Triple Jump
12:30	M 200m
12:35	M High Jump
12:40	W 200m
12:55	W Hammer Throw
13:05	M 5000m
13:40	W 4x400m
13:50	M 4x400m

Maps



Transportation to and from hotels



See next page for transportation schedule

Transportation schedule

	IFU Arena	Home Hotel	Elite Hotell	Skolgatan (Botanika)	
25 July	15:00	15:08	15:15	15:19	
	15:45	15:53	16:00	16:04	
	16:30	16:38	16:45	16:49	
	17:15	17:23	17:30	17:34	
	18:00	18:08	18:15	18:19	
	19:00	19:08	19:15	19:19	
	19:30	19:38	19:45	19:49	
	20:00	20:08	20:15	20:19	
	20:30	20:38	20:45	20:49	
	21:00	21:08	21:15	21:19	
26 July			10:40		Sweden
		11:00			Norway
			11:20		Finland
				11:40	Denmark/Iceland
				12:00	Denmark/Iceland
	12:15	12:23	12:30	12:34	
	12:45	12:53	13:00	13:04	
	13:15	13:23	13:30	13:34	
	13:45	13:53	14:00	14:04	
	14:15	14:23	14:30	14:34	
	14:45	14:53	15:00	15:04	
	16:00	16:08	16:15	16:19	2 buses
	17:00	17:08	17:15	17:19	2 buses
	18:00	18:08	18:15	18:19	2 buses
	19:00	19:08	19:15	19:19	2 buses
	20:00	20:08	20:15	20:19	2 buses
27 July	08:15	08:23	08:30	08:34	2 buses
	09:00	09:08	09:15	09:19	2 buses
	09:45	09:53	10:00	10:04	2 buses
	10:30	10:38	10:45	10:49	2 buses
	11:15	11:23	11:30	11:34	2 buses
	12:00	12:08	12:15	12:19	2 buses

Call room schedule

Saturday 26 July		
Calling time	Start time	
12:35	13:35	M Pole Vault
13:00	13:30	M Hammer Throw
13:25	13:40	M 110m Hurdles
13:45	14:15	W Long Jump
13:45	14:00	W 100m Hurdles
14:05	14:20	Mix 5000m Race Walk
14:20	14:50	M Shot Put
14:45	15:15	W Discus Throw
14:55	15:10	M 3000m Steeplechase
15:15	15:30	W 3000m Steeplechase
15:40	15:55	W 100m
15:40	16:10	W High Jump
15:50	16:05	M 100m
15:50	16:20	M Long Jump
16:10	16:25	W 400m
16:15	16:45	W Javelin Throw
16:20	16:35	M 400m
16:35	16:50	W 1500m
16:50	17:05	M 1500m
17:10	17:25	W 4x100m
17:25	17:40	M 4x100m

Sunday 27 July		
Calling time	Start time	
09:30	10:00	M Javelin
10:00	10:15	W 100m extra
10:00	10:30	M Triple Jump
10:10	10:25	M 100m extra
10:25	10:40	W 400m Hurdles
10:40	10:55	M 400m Hurdles
10:45	11:15	W Shot Put
10:50	11:50	W Pole Vault
11:00	11:30	M Discus Throw
11:20	11:35	M 800m
11:30	11:45	W 800m
11:55	12:10	W 3000m
11:55	12:25	W Triple Jump
12:05	12:35	M High Jump
12:15	12:30	M 200m
12:25	12:40	W 200m
12:25	12:55	W Hammer Throw
12:50	13:05	M 5000m
13:25	13:40	W 4x400m
13:35	13:50	M 4x400m

15 minutes prior to the start of track events

30 minutes prior to the start of field events (except pole vault)

60 minutes prior to the start of pole vault