



TEAM MANUAL

2026 Nordic Cross Country Championships

Statement from IFK Växjö

On behalf of IFK Växjö, we are very happy to welcome you to the 2026 Nordic Cross Country Championships in Växjö, Sweden.

Cross country running is an important part of the Nordic athletics tradition, and we are proud to host this year's championship and welcome athletes from Denmark, Finland, Iceland, Norway and Sweden.

The Nordic Championships are about more than just competition. They are also a great opportunity to meet athletes from other countries, share experiences and enjoy the spirit of friendship and togetherness that is such an important part of Nordic sport.

We hope you will enjoy both the races and your time in Växjö, and we wish all athletes the very best of luck!

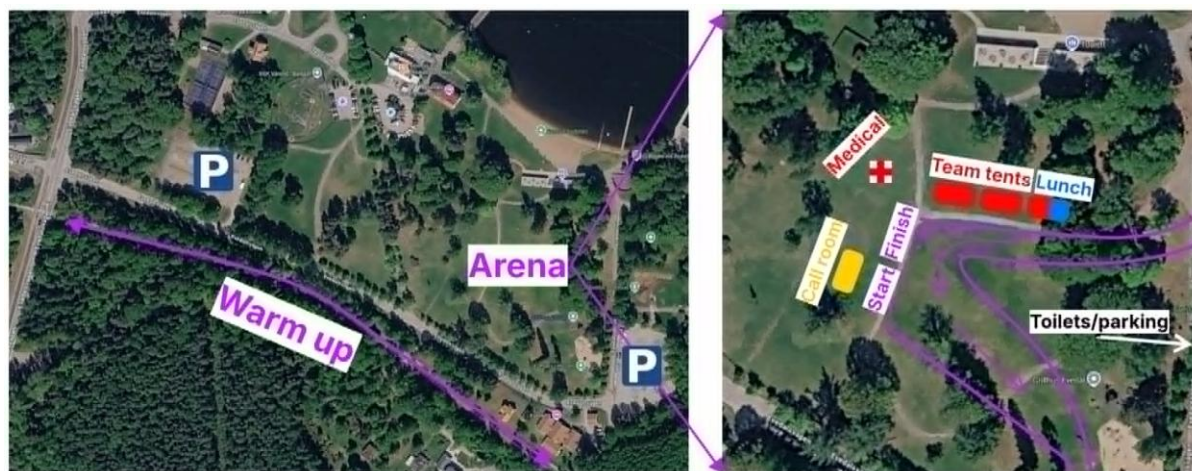
Welcome to Växjö – and welcome to the 2026 Nordic Cross Country Championships!

About Växjö

Växjö is the city in the heart of Småland. Here you will find an exciting combination of pulse, shopping and entertainment combined with small town charm and culture. Växjö is the lakeside city where roads meet – hence the name of this junction, surrounded by lakes and waterways. You easily travel to Växjö – no less than six highways cross the city.

The competition area

The race will take place just north of Växjö city, along the shores of Lake Helgasjön, at the outdoor recreation area of Evedal, originally a spa resort from the 18th century.



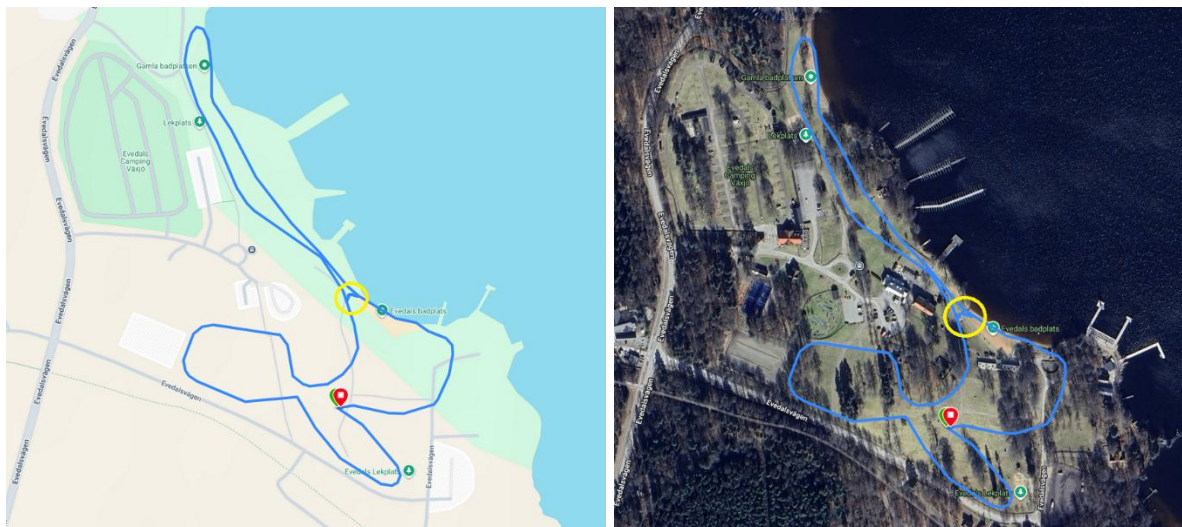
Overview of the competition area



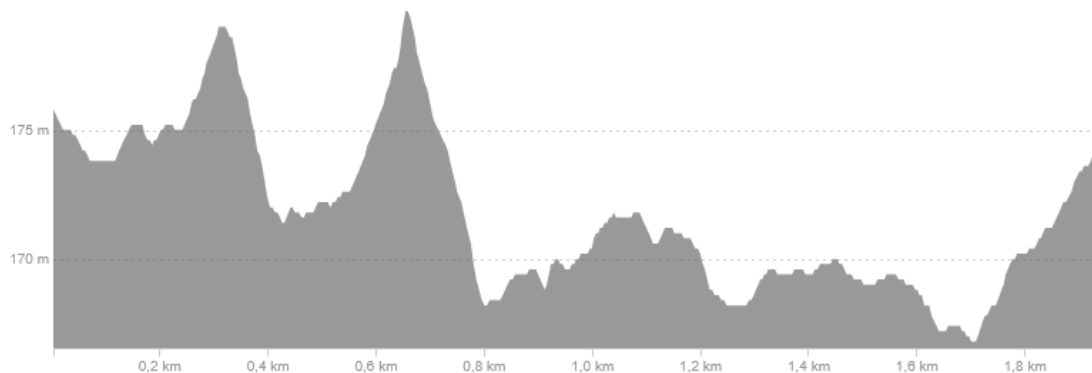
Extensive open grass areas around the race course and a converted railroad gravel path adjacent to the start/finish area are available for warm-up and cool-down activities.

The race course

The course is a 2 km loop course with a height difference of 28 meters and consists mainly of grass with some sandy sections. First lap in the U20 races is 1km, see yellow circle below. Spikes (9-12mm) are recommended for optimal grip.



The race course

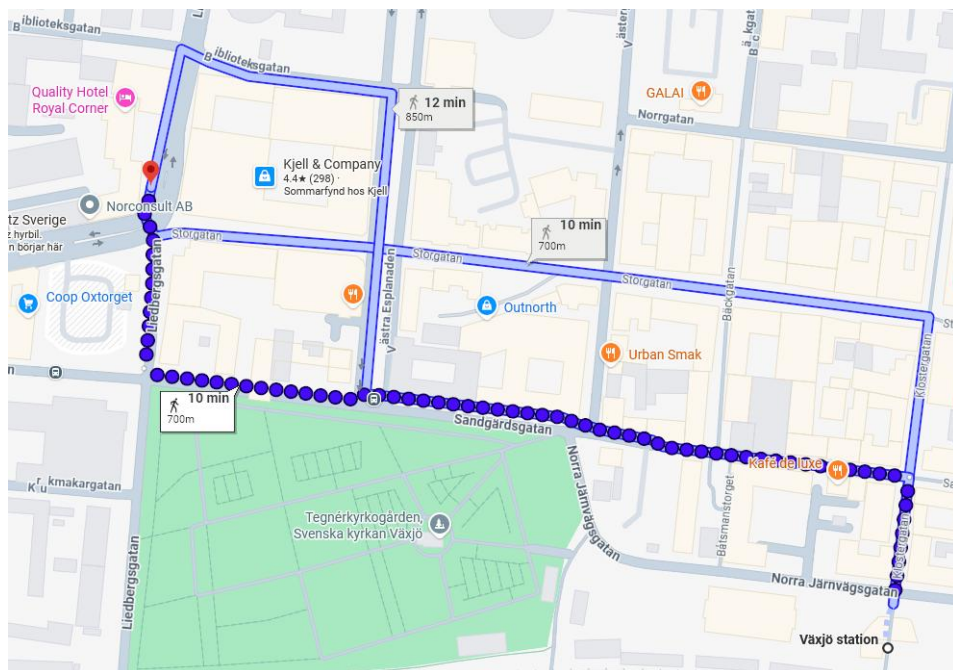


2k course elevation profile

A video of the race course could be found at <https://www.youtube.com/watch?v=yyjxMckvlhs>.

Hotel

All participants will stay at the Quality Hotel Royal Corner which is located 700m from Växjö train station. Teams arriving by train will be met by a guide, who will escort and walk you to the hotel.



Route to hotel

The address for the hotel is:

Quality Hotel™ Royal Corner
Liedbergsgatan 11
352 32, Växjö, Sverige

Quality Hotel™ Royal Corner is centrally located in Växjö and is a perfect starting point for both conferences and wonderful family weekends. Here you will find everything from a restaurant and gym to a relaxation area with a pool and sauna. With proximity to shopping, restaurants and cultural experiences such as Växjö Concert Hall and the Cathedral, you have an ideal location for exploring the heart of Småland.

Meals

All meals will be served at the hotel restaurant except for Sunday lunch, which will be provided at the race venue.

Dinner buffet Saturday is served between 19:00 and 21:00.

Breakfast Sunday is served from 06:00.

Lunch Sunday is provided from 11:00 at the race venue. Please provide received meal ticket.

Saturday training session

The race course will be open for training Saturday afternoon and there will be organised transportation from the hotel to the competition area for official training.



Timetable

Race	Distance	Call-in	Call-out	Start	Award ceremony
U20 Women	5	09:45	09:55	10:00	11:00
U20 Men	5	10:15	10:25	10:30	11:05
Women	8	10:55	11:05	11:10	12:25
Men	8	11:35	11:45	11:50	12:30

Call room procedures

The calling will take place 15 minutes before the start of each race. Judges will ensure that athletes are wearing the National Uniform officially approved by their Federations, that the bibs are worn correctly and correspond with start lists.

Individual scoring

In each race, the highest-placed official Nordic Championship team member or individual runner shall be declared Nordic Champion.

The three best Nordic Championship team members or individual runners are the Nordic medallists.

Team scoring

The team competition in each race will be decided by the aggregate of placings recorded by the scoring competitors, the three best runners, from each team. Placings are determined from the complete list of all Nordic Championship participants (both scoring and non-scoring team members). The team with the lowest total of placings will be declared the Nordic Champion. Subsequent positions will be decided in the same manner. In the event of a tie, the team whose third scoring member finishes highest shall be ranked ahead.

Start lists and results

Start lists and results for each race, showing both scoring team members, individual entries and extra club athletes, will be published on the competition website, see below.

Team Area

All teams will have a separate part in a large tent located near the start and finish area, providing space for changing and storing personal belongings.

Protests and Appeals

Any protest must be made orally to the Referee by an athlete or an official team representative. To ensure a fair decision, the Referee may resolve the protest directly or refer the matter to the Jury of Appeal. If the Referee makes a decision, there is a right of appeal to the Jury.

Appeals must be submitted to the Competition Secretariat before the award ceremony. The appeal must be made in writing, signed by the athlete or an official team representative, and accompanied by a deposit of EUR 90/SEK 1000. The deposit must be paid using a credit card. If the appeal is approved, the deposit will be refunded.

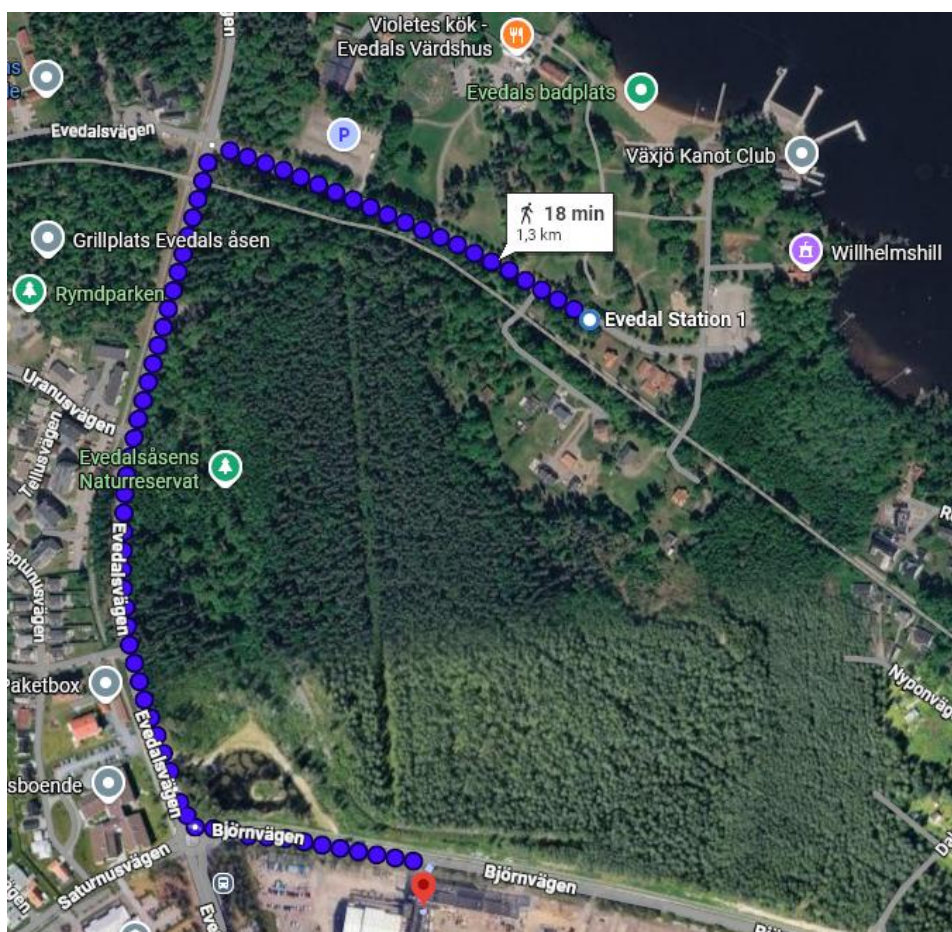
Award Ceremonies

Award ceremonies (individual and team) will be held according to the timetable above. All athletes and team members are expected to wear their official national team uniforms approved by their respective federations during the ceremony.

Changing rooms and showers

Changing rooms with showers are located at Hagaviksskolan (school of Hagavik), approximately 15-20 minutes walking distance from the competition area. The route to the changing rooms is marked with signs and flagging tape.

Changing rooms are marked with signs. Number 2 and 3 for women and number 4 and 5 for men.



Route to Changing rooms at Hagaviksskolan

Transportation to/from competition area

There will be organised transportation from the hotel to the competition area for official training on Saturday. The buses leave the hotel at 15:45 and return from the competition area at 17:15.

Organised transportation will be available from the hotel to the competition venue Sunday. Two buses will depart from the hotel, at 08:00 and 09:00.



Buses from the competition area to Växjö train station will leave at 13:30 from the parking area. On the way to the train station, the buses will stop at the Hagavikskolan to pick up participants who have showered and changed. Arrival at Växjö train station is expected before 14:00.

Meeting room

Meeting room “Kronoberg” at the Quality Hotel Royal Corner is reserved Saturday evening for each participating country according to the following schedule:

- Finland 19:00 - 19:25
- Sweden 19:30 - 19:55
- Norway 20:00 - 20:25
- Island 20:30 - 20:55
- Denmark 21:00 - 21:25

Technical Meeting

Technical meeting will be held at Quality Hotel™ Royal Corner, meeting room “Kronoberg”, at 18:00 on Saturday evening. During the meeting, bibs and meal tickets for Sunday lunch will be distributed.

Agenda

1. Head of the technical meeting
2. Presentation of key officials and other participants of the meeting
3. Appoint Jury of appeal
4. How to make an protest/ appeal
5. Time schedule
6. Corrections of the team (new participants etc.)
7. How late the teams may do substitutions (in case of last-minute injuries, illness etc.)
8. Orientation on the competition site (Call room, competition secretariat, warm up etc)
9. Information about call room procedures, prize ceremonies etc
10. Start commands and start signal: On your marks, followed by a gunshot
11. Doping test procedures
12. Transport information
13. Meal information
14. Other issues

Website

All necessary information can be found on the website of the competition:
<https://www.friidrott.se/internationella-masterskap/nm-i-terrangloppning/>.

Contact information Local Organization Committee

Competition Director Mikael Åberg, mikael.berg@ist.com, +46 70 362 70 71

Referee: Albin Andersson, anderssonalbin79@gmail.com, +46 72 239 38 09

Technical Delegate: Per Månsson, per.mansson56@gmail.com, +46 73-905 45 68



Main sponsor Svensk Friidrott



Team partners Svensk Friidrott

