



Nordic Combined Events Championship

Saturday-Sunday 10-11 June 2023

Women and men participants are included in SCEC, a part of the World Combined Events Tour.

The competition is organised by the Swedish Athletics Federation's Combined Events Performance Center and the local club IK Ymer at Ryavallen in Borås.

This document includes important information about the competition – please read it carefully!

Hotel:

Scandic Plaza Borås, Allégatan 3, 503 32 Borås

Welcome Desk: 16:00-17:00,

Here you can see the transportation schedule, get one WATO-drink and team leaders can pick up the room keys.

Meals at Scandic Plaza Borås:

Dinner: Friday for everyone 18:30-20:30, Saturday only participants in men/women SCEC 19:00-21:00

Meal at The Company

Sunday dinner, drop in from 20:00, dinner served from 20:45.

We serve a welcome drink (alcohol free), two course dinner and one alcohol free drink at dinner. If you want more to drink or something else, you can buy it at the bar. Casual clothing at the dinner.

Transportation before and after the competition:

Airport – Hotel	Friday 9 June, 12:00	Hotel - Airport	Monday 12 June, 10:00
Hotel-Stadium	Friday 9 June, 17:00	Stadium-Hotel	Friday 9 June, 18:00

Transport, competition day, see below under competition.

Technical meeting: 18:30-19:30 at the Hotel in a conference room.

You get the bibs and accreditation at the technical meeting.

Internet: free internet at the hotel.

Check out: no later than 12:00 (noon)

Ryavallen (outdoor track) /Ryahallen (indoor track)

Erikslundsplatsen 1, 506 31 Borås

Ryavallen and IK Ymer was the host and organiser of European U20 Championships 2019. They have also been the host and organiser of the Swedish Championships 2021.

The stadium is 1,6 km from the hotel with good walking roads.

Walking 15-20 minutes from hotel.

Biking 7 minutes from hotel.

Car 5 minutes from hotel, free parking behind Ryahallen.

Competition

Start lists: Find the Nordic Championships start list [here](#). And the SCEC [here](#).

Bibs: Only one on the front torso, in pole vault you can put it on your back. Team leader get the bibs at the technical meeting.

Transport Schedule

To stadium, Saturday	From stadium Saturday	To stadium Sunday	From stadium Sunday
09:30	15:30	08:00	16:00
10:00	16:00	08:50	17:45
10:45	16:30	10:00	18:30
11:15	18:30	10:45	19:00
11:45	19:20	11:45	19:35
12:40	19:50	13:45	20:05

Ryavallen: Erikslundsplatsen 1, 506 31 Borås

Entrances: 15 EUR/day or 20 EUR for two days

Kids with IK Ymer Athletics club cloths on get free entrance.

Kids that's going to participate in IK Ymer summer camp also get free entrance.

Meals at the stadium: Lunch at competition days 11.30-15.00, Saturday and Sunday at the pub, see map. Dinner Saturday at the stadium pub 17.30-20.30.

Coaches: Need accreditation and need to contact Sofia Jäger Stenberg to get it. Coaches can be at the warmup area/indoor track and around the stadium but not on the competition track/field.

One exception is for coaches who coaching athletes competing in the inner pole vault field. They can stand in a coaching zone on the gras.

Changing rooms: Are available in the athletic indoor hall.

Toilets: Under the audience stand and, in the athletics indoor track.

Warm-up: Can be done indoors at the indoor track or outside the stadium.

Implement check: If you have your own throwing equipment, you need to take them to the implement check for control at least one hour before your competition starts on Saturday (these means both shot, javelin and discus). We don't take any equipment for control on Sunday.

The equipment takes back to the implement check room after the competition. To get your equipment back, you go to the implement check when the combined events is finished.

Call-room and entrance to the arena

Calling time: Only the first event each day.

20 minutes before running

30 minutes before long jump.

Entrance to the arena:

15 minutes before start of running event

25 minutes before start of long jump.

Progression vertical jumps

- High jump Women 1.61 (+/-3)
- High jump Men 1.80 (+/- 3)
- Pole vault men 4.23 (+/- 10)

Lowest high	Women	Men	WU20	MU20	WU18	MU18
High jump	1.49	1.71	1.46	1.68	1.40	1.53
Pole vault	-	3.93	-	3.63	-	3.23

Throwing events

You are going to get two warmups throws in the throwing events.

For safety reasons if there are any left throwers in discus, we are going to use the wing for both left and right throwers. If there aren't any left throwers the wings are going to be opened.

Shoes: Remember the shoe rule that's applying on all events in the combined events. It's your responsibility as an athlete to follow [these rules](#).

Doping control: It will be some doping controls on the competition. Remember to take your ID with you to the stadium.

Results: You can follow the competition and find the results [here](#).

Streaming (Pay-per-view): We are streaming the competition through friidrottskanalen.se

Kiosk: It's going to be a kiosk open at the stadium for audience and competitors if you want something more to eat than what you get at the "pub area". The kiosk is located in Ryahallen.

Have a pleasant stay in Borås and Good Luck in the Competition!

