

Nordic-Baltic U23 Championships

20.–21.8.2016 Espoo, Finland

Bulletin August 4th, 2016

In less than three weeks we all will meet at Leppävaara Stadium for 2016 Nordic-Baltic U23 Championships. We wish you all most welcome to Espoo.

Enclosed are some important issues and necessary information concerning your arrivals and competition.

We would like to receive your answers and comments regarding the following points **by no later than August 8th**:

1. Your **travelling plan and schedule**, if you have yet not sent it. Please inform us also on which flight your poles are arriving.
2. Your **reservation for accommodation**. Cancellations made after 8th August will be charged to the full price.
3. Please inform the organizers if you have any special dietary requirements for meals.

Final Entry Date is Monday 15th August

Enclosed you will find the Entry List. We would appreciate the final entries no later than **Monday, August 15th**.

For more information and new updates closer to the Championships, please remember visit our website <http://u23nordicbaltic.sporttisaitti.com/>

Persons to contact:

Mrs Pauliina Honkanen, General Secretary
Mobile +358 40 538 7137
E-mail U23finland@gmail.com

Mr. Harri Lammi, Competition Director
Mobile +358 41 510 8018
E-mail harri@mi.fi

Greetings on behalf of the Organizing Committee

Harri Lammi, Competition Director

Attached: Team Manual, Timetable for the Championships (preliminary), Maps of Leppävaara Stadium with surroundings

Nordic-Baltic U23 Championships

20.–21.8.2016 Espoo, Finland

TEAM MANUAL

1. Website for the Championships

For more information and new updates closer to the Championships, please visit our website:

<http://u23nordicbaltic.sporttisaitti.com/>

2. Final Entry Date

We would appreciate the final entries no later than **Monday, August 15th**.

3. Arrival

Transportation has been arranged according to announced arrivals from Helsinki-Vantaa Airport by buses to the hotels. Each team will get an **attaché**, who will meet the team at the airport.

4. Hotel - accomodation

The teams will be accommodated at a close-by hotel

*Radisson Blu Hotel, Otaniemi, ****, twin, double and single rooms*

<http://www.radissonblu.com/hotel-espoo/location>

Conference rooms will be arranged for team meetings at hotel or close-by Otahalli Indoor Venue.

5. Meals

Breakfast and Dinner will be served at your hotel and they are Buffet meals. On arrival day, Friday, the first meal is Dinner, served from 17:00 till 21:00.

Lunch will be served in Leppävaara at Mili's Food & Café (see enclosed Map for location) on Saturday 11.30–16.00 and Sunday 11.00–15.00.

If ordered at the latest on Tuesday 16th August, an extra dinner is available on Sunday afternoon at the hotel at a cost of approximately **17€** per person.

6. Transportation from hotel to competition venue

The organizer provide local shuttle bus transportation to and from the Competition venue. The timetable will be shown later this week on the website and at the hotels on the info boards and also handed out on paper at the Technical Meeting.

7. Technical Meeting

The Technical Meeting will be held on **Friday August 19th at 19.00 at Hotel Radisson Blu Otaniemi**.

The agenda for the Technical Meeting will be sent to you a few days before the Championships.

We would prefer the final lists of the participants (changes) from the Team Leaders at The Technical Meeting. The Members of the Jury will also be named at The Technical Meeting.

- 8. Dressing Rooms, Showers, Training and Warm-Up Areas** are all located at Leppävaara Stadium and Sport Park area (see Map). All facilities at and around the Stadium can be used as warm-up facility. Awareness is recommended near all throwing facilities. Hammer, discus and javelin has a separate warm-up field close-by the stadium (see Map).
- 9. Training at Otaniemi**
Close to the hotel is a practice venue with 6-lane track. This venue will be reserved to athletes for practice on Friday evening 17:00 – 21:00 and on Saturday 08:00-10:00 and 17:00-19:00.
- 10. Competition Numbers (BIB)**
The Team Leaders will receive the Competition Numbers (BIB) at The Technical Meeting.
- 11. Call Room**
The Call Room will be in the North end of the main stand, by the 100 m start (see Map).
A separate Call Room Timetable will be handed out at The Technical Meeting. It is the responsibility of the Team leaders to ensure that their athletes are aware of the timetable and will entry to the Call Room according to it. All athletes must show team vests and bibs. International rules according electronic devices is complied.
- 12. Presentation of the Participants** will take place about 3 to 5 minutes before the beginning of each event.
- 13. Checking of the Personal Implements** takes place at the Implements Checking (see Map) at the Stadium. Personal implements have to be taken to Checking at least 90 min prior to event start.
- 14. Result service**
There will be an online result service during the competition – the web address to that will be informed at the Technical Meeting. Official results will be an official result board at the Stadium (see map).
- 15. Medical Aid**
There will be A First Aid Group at the Stadium during the Competition.
- 16. Victory Ceremonies**
The three best athletes in each discipline will participate in the Victory Ceremony. A separate timetable for the Victory Ceremonies will be distributed at the Technical Meeting.

WELCOME TO ESPOO!

On the behalf of the Organizing Committee

Pauliina Honkanen, General Secretary
Harri Lammi, Competition Director

Leppävaara Sports Park

50m



Leppävaara Sport field area

