

Team Manual

Nordic and Norwegian masters open championship 2025

The Norwegian Athletic Federation and the athletic club Ullensaker/Kisa IL in corporation with Hvam IL and Raumnes Årnes IF welcome you to the Nordic masters open championships in Nes Arena, Nes.

Arrival

The international airport is Oslo Airport, which is about 40 minutes from the event hall, Nes Arena. There are airport coaches that depart from the terminal to the hotel at Gardermoen

Taxis are also available from the airport, and they are located right outside the terminal.

Event The competition event is held at Nes Arena, [Melkevegen 3, 2165 Hvam](#) in Nes municipality. The event hall has a 60m short track and a 200m distance track. There are dressing rooms with showers. The arena is open from 13am on friday for light training and site visit.

Technical meeting Technical meeting with the head referee will be at 20:00 on Thursday at Thon Airport Hotel, [Balder allé 2, 2060 Jessheim](#) . Agenda for the meeting will be send 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 indent to send a teams for relay should e-mail to ukifriidrett@gmail.com 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, se also the Tecnical information.

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

Coach number 450 have a direct rute from Oslo Airport via Thon Hotel Airport to the evnt centre. The bus stop "Neskollen" is about 150 meters from the event centre. You will find all details on the website ruter.no and you will need to download the app "Ruter" (search on Google play or appstore) for tickets.

Timetable

All athletes have to sign in on the list who are in the 2nd floor. Friday this have to be 1 hour before the exercise who starts before 5. pm, Saturday and Sunday 2 hour before.
For exercises that start before 11 am on Saturday and Sunday, the lists are posted the day before, at 4 pm

Technical events: call-out 15 minutes before the start of the event. This find place on the event location.

Running exercises: there will be a call-out and random spike check at the starting point 10 minutes before the start of the heat.

Bibs pick up

Athletes can pick up their bibs (2, for each attendee) for the competition at the following times:

- Thursday at the technical meeting
- Friday from 13:00 to 18:00
- Saturday and Sunday from 8:30 to 11:00

Poles

Please note that if an athlete breaks a pole there will be a cost of 800 euros for the poles from EssX and 200 euros for the other poles. The damaged pole must be paid before 16 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 60 minutes before the start of the event except for weight throw men.

Contacts

Hans Jørgen Borgen,
Sports responsible

Bodil Svinø
Event manager