

Nordic Masters Open Championship

Technical information

- **Protests:** Protests will be handled according to WA/WMA rules, which in short says that if you are not satisfied with the decision by an event referee you can appeal to the jury. The competitor or team manager will normally be requested to make the protest within 30 minutes after the official announcement of the results. Protest fee is 90 € or corresponding sum in local currency. The fee will be returned if the jury accepts the protest.
- **Call room procedures:** Athletes should have information on their time to report to the Call Room. Call Room will be situated in the south end of the venue.
 - Track events 20 minutes before start
 - Field events 35 minutes before start (except for pole vault)
 - Pole vault 50 minutes before start
- **Jumping heights for high jump:**
 - **Men 70-84:** Starting height at 1,00m. Then raised by 4cm to 1,12m and then by 2cm.
 - **Men 60-69:** Starting height at 1,10m. Then raised by 4cm to 1,22m and then 2cm.
 - **Men 40-59:** Starting height at 1,20m. Then raised by 4cm to 1,68m and then 2cm.
 - **Women:** Starting height at 80cm. Then raised by 3cm to 92cm and the 2cm.
- **Jumping heights for pole vault:**
 - **Men:** Starting height at 1,50m, then raised by 10cm. This will be a rolling start in the pole vault with a short break at 2,20m.
 - **Women:** Starting height will be decided at the meeting since there are only two competitors.
- **Practice trials:** At least two but otherwise as many as time will allow but the timetable will be strictly adhered to.
- **Starters command:** English.
- **Control of implements:** Personal implements will be accepted one hour before start of competition. Bring implements to the technical room on the second floor.
- **Doping control:** Contact Technical Delegate if you need to have a doping test arranged.
- **Medal Ceremonies:** Prizes for each discipline will be at the competition site after the event finishes and prizes will be awarded for 1st 2nd and 3rd place in each discipline, when the event director has confirmed the winner. Only competitors from the Nordic countries will receive medals, others will receive participation medals.

- **Loans on poles:** As stated in the team manual there must be a EUR 200 deposit for loans on poles and a fine if an athlete breaks the pole.
- **Bibs:** Athletes will only wear one bib in the competition, it shall be worn on the front. Athletes in high jump and pole vault can choose to wear the bib on the front or the back.
- **Venue information:** There will be a kiosk with coffee and light snacks, warm up area is next to the call room and on the outside of the track.
- **Planks:** Planks for tiple jump will be 5m, 7m and 9m.