

Nordic and Norwegian Masters Open Championship 2025

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.

Venue information: There will be a kiosk with coffee and light snacks, warm up area on the outside of the track. Arena overview will come.

BIBs: Athletes will wear two bib in the competition.

Athletes in high jump, pole vault and throws can choose to wear the BIB on the front or the back.

Call room procedures:

There will not be a traditional call-room, but it will be resolved in the following way:

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.

If a collision occurs, it is important to notify the event leader as early as possible. We will, as far as we can, be flexible in carrying out the exercises. NB! It is important that you prioritize running exercises.

Practice trials: At least two but otherwise as many as time will allow but the timetable will be stictly adhered to.

Jumping heights for high jump:

o **Men 70-84:** Starting height at 1,00m. Then raised by 4cm to 1,12m and then by 2cm.

o **Men 60-69:** Starting height at 1,10m. Then raised by 4cm to 1,22m and then 2cm.

o **Men 40-59:** Starting height at 1,20m. Then raised by 4cm to 1,68m and then 2cm.

o **Women:** Starting height at 80cm. Then raised by 3cm to 92cm and then 2cm.

Jumping heights for pole vault:

o **Both Men and Woman:** Starting height at 1,50m, then raised by 10cm.

Planks: Planks for triple jump will be 4m,5m, 6m, 7m and 9m.

Starters command: English.

Control of implements: Only indoor equipment is accepted. Personal implements will be accepted one hour before start of competition. Bring implements to the technical room.

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.