



# **SOLLENTUNA COMBINED EVENTS CHALLENGE**

## **Saturday 12 / Sunday 13 June 2021**

### **Part of the European Athletics Combined Events Challenge.**

The competition is organised by the Swedish Athletic Federation's Combined Events Performance Center and Turebergs Friidrottsklubb one of the top athletics clubs in Sweden at the Sollentunavallen arena. The meeting is a C world ranking meeting that starts on Saturday and finishes on Sunday, and the last events 800m and 1500m take place during the Sollentuna Folksam GP pre-meeting. Sollentuna Folksam GP is a bronze level event of the World Athletics Continental Tour.

Due to the spread of Covid-19, we are obliged to take a number of special measures in order to be able to organise this competition. These apply to athletes, coaches, officials and media. They are for reasons of safety and to minimise the risk of infection during Sollentuna Combined Events Challenge and the Folksam GP meeting.

This document includes important information about these measures as well as general information about the competition – please read it carefully!

### **Shoe check procedures**

Please fill out the Athlete Shoe Declaration Form **by 10 June at the latest**. Use the online form by clicking this link: <https://response.questback.com/svenskafridrottsfrbundet/shoedeclaration> or by scanning the QR code below.



Based on the information you supply in the Shoe Declaration Form, shoe sole thickness may need to be measured at the Hotel Welcome Desk or at the Call Room.

### **Hotel:**

Scandic Star Hotel. Aniaraplatsen 8, Sollentuna tel: 08-517 264 00 / 0046-8-517 264 00  
You will get your room key at the reception.

**Welcome desk:** Is located in the basement just below the reception area and is open between 15 - 20 on Friday. If you arrive later call Daniel Bergin: +46 73- 626 17 33. There you will receive your accreditation, number bib, measure your shoes, check in your implement (15-19) and get other information about the competition. We will also have fruit and mineral water available.

**Meals at Scandic Star:** These meals are only for you who have a room reservation at the hotel.

**Breakfast** is served everyday 07:00 to 10:00.

#### **Friday - Saturday 11-12 June**

Dinner 18.00 (6 pm) to 22:00 (10 pm)

#### **Sunday 13 June**

Dinner 20:00 (8 pm) to 22:00 (10 pm)

#### **Monday 14 June**

Lunch 12.00 (12 noon) to 14.00 (2 pm)

**Transportation:**

. We will look closely at the travel arrangements for all athletes so that you can avoid unnecessary overcrowding when you travel. As much as possible, we will arrange transport with a limited number of passengers

Please check with the Welcome Desk that we have your correct departure details. We will post an airport transfer list on Saturday and Sunday evenings after the competition.

**Service at the hotel:**

In the hotel price the costs of meals and lodging are included. You must pay all other expenses when you check out from the hotel.

**Internet:** Internet is free. The name of the network is **scandiceasy**. No password is needed.

**Check out:** Latest check out time, if no other arrangement has been made with the meeting organiser, is 12.00 (12.00 noon).

## Sollentunavallen / Sollentuna athletic hall

**Training:** At Sollentunavallen athletics arena which is only 1 km away, check with the Welcome desk regarding directions to the arena.

Please take your accreditation with you.

Opening time

Friday – 08:00-22:00, both outdoors and indoors (track and gym) at Sollentuna athletic hall

## Competition

**Start lists:** Start lists with lane assignments will be displayed at the Welcome desk in the evening of Friday 11 June.

**Number bibs:** One number must be worn on the front of your competition-vest and one on the back, in the jumping events you are allowed to use one number bib. The advertising **MUST** not be folded! If the number bibs are not worn properly, then the prize money will be withdrawn.

If you don't pick up your bib at the hotel, you must collect it at least 90 minutes before your event in the entrance area in Sollentuna Athletics Hall.

**Sollentunavallen:** The arena is only 1km from the hotel so it is easy to walk.

**Entrances** for participants, officials and coaches are the entrance to Sollentuna Athletics Hall (Strandvägen) or via the upper gates (arenavägen) to the arena

There will also be a bus service between the hotel and the arena. You see the times below. Drop-off and pick-up zone is outside the entrance to the athletics hall.

Saturday to the competition: 09:00, 09:40

Saturday from the competition: 17:15, 17:45, 18:15

Sunday to the competition: 08:20, 09:45

Sunday from the competition: 17:00, 17:30, 18:00

**Massage:** From Naprapathälsan in Sollentuna, At Sollentuna Athletic hall, Saturday 12:00-18:20 and Sunday 12:00-17:00

**Meals at the Stadium (Sollentunavallen/Sollentuna Athletic hall):** For every participant "Fika" with example fruits, coffee etc. are available all day in rest room

## **Saturday 12 June**

Lunch from 11:00 (11am) for participants and coaches who paid accommodation via organizer

## **Sunday 13 June**

Lunch from 11:00 (11am) for participants and coaches who paid accommodation via organizer

### **Limited access to the arena**

The arena is considered to be a workplace and only athletes (that competing), a limited number of coaches, staff and officials are permitted inside the arena. Spectators (max 100) with ticket.

### **Coaches**

Every athlete is allowed to have 1 coach in the arena. The coach must wear accreditation which can be picked up from the welcome desk in the hotel on Friday or at the Sollentuna athletic halls entrance on Saturday.

**Changing rooms:** To avoid the risk of infection we recommend you to shower in the hotel or at home. There will be changing rooms open if you need to change clothes for some reason.

**Toilets:** Toilets can be found in the Athletics Hall and at the Hockey hall.

**Warm-up:** In the Athletics Hall. Warm-up for throws can only take place in the competition arena before that event starts and officials are in place.

**Call Room and entrance to the arena.** The call room is 4 tents just beyond the finish line. This will be for the final call and control of shoes, bibs and advertising on equipment and apparel. Decathlon Men have calling in the first tent (closest to the finish line) and Heptathlon Women have calling in the 3<sup>rd</sup> and 4<sup>th</sup> tent from the finish line.

### **Calling time**

Saturday: **Men Decathlon calling: 10:30**, entrance 10:40  
**Women Heptathlon calling: 10:50**, entrance 11:05

Sunday: **Men Decathlon calling: 09:30**, entrance 09:40  
**Women Heptathlon calling: 10:45**, entrance 11:00

**Clothing baskets:** For 100m, 100mh, 110mh and 200m you can put your clothes in baskets but they will be left at the start for you to go back and pick up your clothes.

### **Progression vertical jumps**

- High Jump Women 1.63 +/- 3
- High Jump Men 1.83 +/- 3
- Pole vault Men 4.22 +/- 10

**Equipment.** As much as possible, use your own implements and avoid borrowing from others. Officials who handle your implements will wear gloves.

Your implements can be checked in at the welcome desk at 15:00 - 19:00 on Friday. On Saturday check in of implements is only at Sollentuna athletics hall, and you must bring them (shot put, javelin and/or discus) at the latest 90 minutes before the competition starts. No implements can be checked in after the combined events have started.

**Doping Control:** The EA Technical Delegate will nominate a number of competitors to undergo doping control, which will take place in a specially designated room in the athletics hall.

**Results** will appear on the competition website,  
<http://www.folksamgrandprix.se/SollentunaCombinedEvents/2021/index.asp?PagId=2152>

**Streaming (pay-per-view).** The competition can be viewed on the Swedish Athletics Federation's channel: <https://friidrottskanalen.solidtango.com/>

### Prize money

Total prize money for the event is: € 5000

1 <sup>st</sup> place	€ 1000
2 <sup>nd</sup> place	€ 600
3 <sup>rd</sup> place	€ 400
4 <sup>th</sup> place	€ 300
5 <sup>th</sup> place	€ 200

**Payment:** The tax rate in Sweden is 15% which will be deducted on all prize money. For travel contribution which is backed up by travel documents there is no tax deduction

All payments will be made by bank transfer after the competition.

### Special reminder regarding the spread of Covid 19

In all possible situations, it is important that you keep your distance as much as is possible. Apart from when it is not possible during an event, the 2 metre rule should apply. Avoid hugging, shaking hands, etc. Be especially careful with hygiene:

- Wash your hands frequently with soap and hot water
- Use hand sanitizer if soap and hot water are not available

If you feel any symptoms which may indicate covid-19, you should stay in your room and contact the welcome desk.

Before you go to the arena, you should do a self-assessment of your health. Common symptoms of covid 19 are:

- Fever
- Dry cough
- Fatigue
- Muscle or joint pain (not, for example, exercise stiffness)
- Sore throat
- Diarrhea
- Eye inflammation
- Headache
- Impaired sense of smell and taste
- Skin problems such as rash or discoloured fingers and toes
- Difficulty breathing or shortness of breath
- Chest pain or pressure on the chest
- Impaired speech or movement ability

**HAVE A PLEASANT STAY IN SOLLENTUNA AND GOOD LUCK IN THE COMPETITION!**

**Turebergs**  
FRIIDROTTSKLUBB



**SVENSK FRIIDROTT**  
*Performance Center of Combined Events*