

# Team Manual

## Copenhagen 27th-28th May 2023

**Nordic Athletics  
Championships 2023** 

Championship website:

<https://sparta.dk/atletikstaevner/nordic-athletics-championships/>

On behalf of Dansk Atletik and Sparta Atletik og Løb we are happy to welcome you to lovely Copenhagen.

We are looking forward to seeing some of the best athletes in the Nordic countries competing in the Nordic Championships for the first time in more than 60 years.

Good luck to all of you.

**Charlotte Beiter Bomme, Competition manager Nordic Championships 2023**

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## PRACTICAL INFORMATION

### Contacts

<b>Competition manager</b> Charlotte Beiter Bomme Mobil: +45 21 27 07 48 <a href="mailto:charlotte@sparta.dk">charlotte@sparta.dk</a>	<b>Dansk Atletik responsible</b> Katja Salivaara Mobil: +45 24 45 71 91 <a href="mailto:katja@dansk-atletik.dk">katja@dansk-atletik.dk</a>
<b>Technical manager</b> Anja Lindholm Mobil: +45 53 39 12 75 <a href="mailto:Anjalindholm4@gmail.com">Anjalindholm4@gmail.com</a>	<b>Technical delegate</b> Thor Gjesdal
<b>Roster and TIC</b> Søren Speich Sørensen Mobil: +45 51 52 81 09 <a href="mailto:sorenspeich@yahoo.com">sorenspeich@yahoo.com</a>	<b>Roster and TIC</b> Mette Thorup Sørensen Mobil: +45 21 66 35 94 <a href="mailto:mette2900@live.dk">mette2900@live.dk</a>
<b>Accommodation</b> Christian Friis Mobil: <a href="mailto:christian@sparta.dk">christian@sparta.dk</a>	<b>Transport</b> Camilla Thøgersen Mobil: +45 20 93 39 70 <a href="mailto:camilla@sparta.dk">camilla@sparta.dk</a>
<b>Media</b> Camilla Bevensee Mobil: +45 20 27 88 27 Mail: <a href="mailto:camilla@dansk-atletik.dk">camilla@dansk-atletik.dk</a>	<b>Airport transfer (Friday)</b> Inger Marie Godvin Mobil: +45 33 11 41 11 Mail: <a href="mailto:daf@dansk-atletik.dk">daf@dansk-atletik.dk</a>

## Hotel – Accomodation

### Comwell Nordhavn

Alexandriagade 1  
2150 København

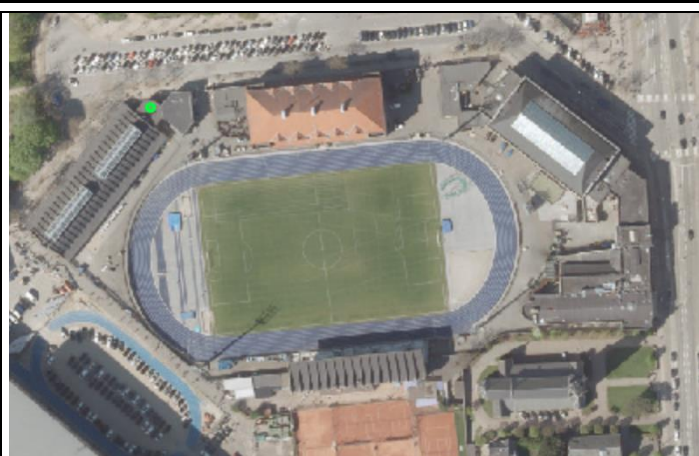
Check-in from 15:00  
Check-out no later than 11:00



## Østerbro Stadium and dressing rooms

### Østerbro Stadium

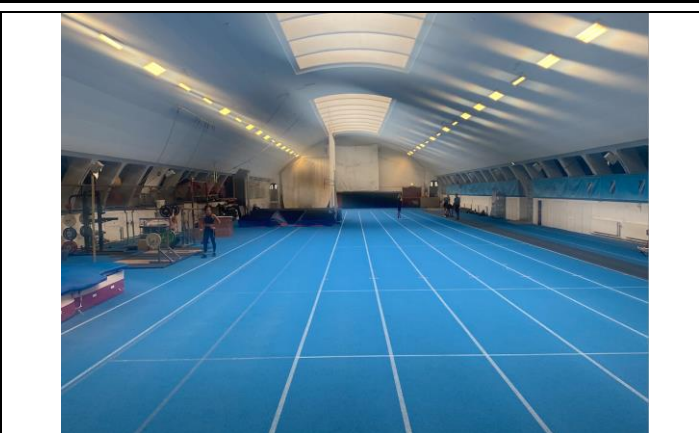
Gunnar Nu Hansens Plads 7  
2100 København Ø



## Warm up – Sparta Hallen

### Sparta Hallen

Gunnar Nu Hansens Plads 7  
2100 København Ø



## PRACTICAL INFORMATION

### Breakfast

Comwell Nordhavn	Saturday from 7-11
	Sunday from 7-11

### Lunch

Stadium	Saturday from 12-13, 13-14, 14-15
(each team will get 3 time slots)	Sunday from 12-13, 13-14, 14-15

### Dinner

Hotel Finland, Iceland, Norway and Sweden	<b>Friday</b> Norway 18.00-19.00 Sweden 19.00-19.45 Finland and Iceland 19.45-20.30
	<b>Saturday</b> Norway 18.30-19.15 Sweden 19.15-20.00 Finland and Iceland 20.00-20.45
Stadium (KIF) Denmark	<b>Friday 19.00-20.00</b>
	<b>Saturday 19.00-20.00</b>

### Sales at stadium

<b>The Sparta Kiosk is open during the event.</b> The kiosk is located by the bend by the 1500 m. start. Here you can buy sandwiches, fruit, sweets and drinks.
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### Arrivals/departures

Dansk Atletik staff will be in the airport upon arrival Friday and provide metro tickets and travel information. The metro to the hotel takes about 30 min. Information about return tickets will be provided at the Technical Meeting Friday evening. See appendix for more information.

### Poles

Please contact [carsten@sparta.dk](mailto:carsten@sparta.dk) for transportation of the poles

### Transportation from hotel to competition venue

Timetable for transportation presented in Appendix as well as information boards at the hotel.

## Time Schedule

Available at the website: <https://sparta.dk/atletikstaevner/nordic-athletics-championships/nac-program/> or in the Roster App: "Nordic Athletics Championships 2023" – and in the Appendix below.

## Result service

All results will be online and live service under the competition at the Roster App: "Nordic Athletics Championships 2023"

## Live stream

Live stream will be available at atletiktv.com, friidrottsskanalen.se and allathletics.tv. Saturday from 12.55-16.50 and Sunday from 11.00-15.00.

## Records/anti-doping

In case of national records please contact Charlotte Beiter Bomme for booking of anti-doping test.

## Technical Meeting

The Technical Meeting will be held on Friday May 26<sup>th</sup> at 19.00 at Østerbro Stadium in the VIP room in the stand. The Agenda for the Technical Meeting according to the Nordic Handbook:

### 1.1 Technical meeting

The day prior to the event there shall be held a technical meeting.

On the agenda there shall be some standard issues like:

- 1.1.1 Head of the technical meeting
- 1.1.2 Presentation key officials and other participants of the meeting
- 1.1.3 Jury of appeal (most often members from the different teams)
- 1.1.4 How to make an appeal/protest
- 1.1.5 Time schedule
- 1.1.6 Lane/throwing/jumping order
- 1.1.7 Corrections of the team (new participants etc)
- 1.1.8 How late the teams may do substitutions (last minute, injuries, illness and so on)
- 1.1.9 Orientation on the arena (call room, Technical Information Centre (TIC), warm up, technical manager (checking of the implements) and so on)
- 1.1.10 Information about call room procedures, prize ceremonies, call room times etc
- 1.1.11 Start commands (should be in English)
- 1.1.12 Doping test procedures
- 1.1.13 Transport information
- 1.1.14 Meal information
- 1.1.15 Other issues

Jakob Larsen from the LOC will host the meeting.

The final list of championship participants (including late changes) is required from the Team Leaders at the Technical Meeting. The Members of the Jury will also be announced at the Technical Meeting.

## Technical Information Center (TIC)

The TIC will be behind the finish line under the Stand.

## Call Room

Event	Latest meeting time	Stadium (ca.)
Running Events	20 min	10 min
Hurdles	20 min	15 min
Pole Vault	45 min	40 min
Jumps and Throws	35 min	30 min

The schedule for the call room is presented in the Appendix.

## Personal Implements Check

Will take place behind the finish line Saturday from 11.00-12.00 and Sunday from 9.00-10.00.

## Victory Ceremonies

The Victory Ceremonies will take place right after the event is finished. The Chief Judge will lead the athletes to the ceremony, which will take place in front of the main stand – on the pitch/grass.

## Medical Aid

Sparta's Medical team will be at the Stadium during the event.

Space is available in the warm-up area (Sparta-hallen) for team physios etc. They must, however, bring their own therapy benches.

## Competition rules

The 2 first placed from each heat advance to the final in 100m and hurdles. All together 8 finalists: 2Q+4q.

Direct final for 200m, 400m, 800m. A-final will be run last.

For jump and throw 8 athletes will advance to the final and re-seeding will take place after the 3<sup>rd</sup> round. After this, the 8 best athletes will get another 3 attempts.

For 800m to 5000m the races will be paced as agreed.

## Jumping hights

High Jump: W: 155-160-165-170-173-176-179 + 3 cm

M: 190-195-200-203-206-209-212 + 3 cm

Pole vault: W: 330-350-370-380-390-400-410 + 10 cm

M: 450-470-480-490-500-510-520 + 10 cm

### Warm-up, throw and jump events

For all throw and jump disciplines (except hammer) warm-up is free after arrival to the competition venue from the call room. For hammer there is a maximum of 2 warm-up attempts. Warm-up attempts will take place in the order of throwing and will be called out. Any extra warm-up throws can take place before the call room in the throwing yard outside the stadium (see below).



Additional information for hammer throwers:

It will not be possible to have a training session at the stadium (you can bring the hammer and make some drills in the ring without release Friday). This is due to a general agreement in terms of keeping the grass pitch (for football and running) in shape.

It will be possible to have more warm-up throws in the throwing area just outside the stadium and possible to have training sessions in that area (see picture above).

For the use of the throwing area please make sure that you have the net in the cage in full height and use the wings according to the normal procedure.

The area is placed in a public park. There is a fence around the area, but everybody can always enter the area. So just make sure that people are not walking into the field when throwing.

Another issue (the goldfish issue) is that the area from the ring to the fence only has 81m. So (for the best of your throwers) please make sure, that they only use hammers of a weight that will not make them throw into the fence or over the fence. So, in general only use minimum competition weight.

## Equipment

Should you need to borrow equipment, Sparta has the following that you can use:

	<b>M</b>	<b>W</b>
<b>Shot</b>	<b>Polanik 120mm Polanik 128mm</b>	<b>Polanik 108mm Nelco Black 102mm</b>
<b>Discus</b>	<b>Nelco Indiano Nelco Challenger</b>	<b>Polanik High Spin Polanik High Spin</b>
<b>Hammer</b>	<b>Polanik 120mm Polanik 120mm</b>	<b>Polanik 95mm Polanik 105mm</b>
<b>Javelin</b>	<b>Polanik Air Flyer Polanik Air Flyer</b>	<b>Polanik Air Flyer Polanik Air Flyer</b>

## Parking

Is available at Gunner Nu Hansens Plads by the stadium. However, there is a charge on Saturday until 17.00. After 17.00 Saturday and all day Sunday parking is free. Please note, that parking is checked regularly, so do not forget to pay – and follow instructions carefully (see the parking meters). Set your parking meter even during free parking times – otherwise you may be fined. Fines are hefty.

## Toilets

Are located both ends of the main stand, behind the finish line and next to the kiosk. Toilets are also available inside the main building.



## Shuttle bus hotel to/from stadium

Hotel: Comwell Copenhagen Portside, Alexandriagade 1, 2150 Nordhavn.

Stadium: Østerbro Stadium, Gunnar Nu Hansens Plads 11, 2100 Østerbro.

Distance from Hotel Comwell to stadium 1,9 km

The bus seats 79 persons.

**Please note that all times are indicative, but the bus will run continuously between hotel and stadium.**

## FRIDAY afternoon/evening 26th May 2023

Departure	Arrival
Kl. 16.30 Hotel	Kl. 16.40 Stadium
Kl. 16.45 Stadium	Kl. 16.55 Hotel
Kl. 17.00 Hotel	Kl. 17.10 Stadium
Kl. 17.15 Stadium	Kl. 17.25 Hotel
Kl. 17.30 Hotel	Kl. 17.40 Stadium
Kl. 17.45 Stadium	Kl. 17.55 Hotel
Kl. 18.00 Hotel	Kl. 18.10 Stadium
Kl. 18.15 Stadium	Kl. 18.25 Hotel
Kl. 18.30 Hotel	Kl. 18.40 Stadium
Kl. 18.45 Stadium	Kl. 18.55 Hotel
Kl. 19.00 Hotel	Kl. 19.10 Stadium
Kl. 19.15 Stadium	Kl. 19.25 Hotel
Kl. 19.30 Hotel	Kl. 19.40 Stadium
Kl. 19.45 Stadium	Kl. 19.55 Hotel
Kl. 20.00 Hotel	Kl. 20.10 Stadium
Kl. 20.15 Stadium	Kl. 20.25 Hotel
Kl. 20.30 Hotel	Kl. 20.40 Stadium
Kl. 20.45 Stadium	Kl. 20.55 Hotel

Saturday and Sunday timetables on the following pages.

## PRACTICAL INFORMATION

### SATURDAY 27th May 2023

Departure	Arrival
Kl. 11.00 Hotel	Kl. 11.10 Stadium
Kl. 11.15 Stadium	Kl. 11.25 Hotel
Kl. 11.30 Hotel	Kl. 11.40 Stadium
Kl. 11.45 Stadium	Kl. 11.55 Hotel
Kl. 12.00 Hotel	Kl. 12.10 Stadium
Kl. 12.15 Stadium	Kl. 12.25 Hotel
Kl. 12.30 Hotel	Kl. 12.40 Stadium
Kl. 12.45 Stadium	Kl. 12.55 Hotel
Kl. 13.00 Hotel	Kl. 13.10 Stadium
Break	Break
Kl. 14.15 Stadium	Kl. 14.25 Hotel
Kl. 14.30 Hotel	Kl. 14.40 Stadium
Kl. 14.45 Stadium	Kl. 14.55 Hotel
Kl. 15.00 Hotel	Kl. 15.10 Stadium
Kl. 15.15 Stadium	Kl. 15.25 Hotel
Kl. 15.30 Hotel	Kl. 15.40 Stadium
Kl. 15.45 Stadium	Kl. 15.55 Hotel
Kl. 16.00 Hotel	Kl. 16.10 Stadium
Break	Break
Kl. 16.45 Stadium	Kl. 16.55 Hotel
Kl. 17.00 Hotel	Kl. 17.10 Stadium
Kl. 17.15 Stadium	Kl. 17.25 Hotel
Kl. 17.30 Hotel	Kl. 17.40 Stadium
Kl. 17.45 Stadium	Kl. 17.55 Hotel
Kl. 18.00 Hotel	Kl. 18.10 Stadium
Kl. 18.15 Stadium	Kl. 18.25 Hotel
Kl. 18.30 Hotel	Kl. 18.40 Stadium

### SUNDAY 28th May 2023

Afgang	Ankomst
Kl. 09.00 Hotel	Kl. 09.10 Stadium
Kl. 09.15 Stadium	Kl. 09.25 Hotel
Kl. 09.30 Hotel	Kl. 09.40 Stadium
Kl. 09.45 Stadium	Kl. 09.55 Hotel
Kl. 10.00 Hotel	Kl. 10.10 Stadium
Kl. 10.15 Stadium	Kl. 10.25 Hotel
Kl. 10.30 Hotel	Kl. 10.40 Stadium
Kl. 10.45 Stadium	Kl. 10.55 Hotel
Kl. 11.00 Hotel	Kl. 11.10 Stadium
Kl. 11.15 Stadium	Kl. 11.25 Hotel
Kl. 11.30 Hotel	Kl. 11.40 Stadium
Kl. 11.45 Stadium	Kl. 11.55 Hotel
Kl. 12.00 Hotel	Kl. 12.10 Stadium

## Competition Schedule

Saturday 27th of May	Sunday 28th of May
13:00 W Discus	11:00 W Triple Jump
13:05 M Triple Jump	11:00 W 4x100m
13:10 M 5000m	11:05 M Discus
13:35 M High Jump	11:10 M 4x100m
13:40 W 1500m	11:30 W 800m
14:00 W 100m heats	11:45 M 110m H heats
14:10 W Pole Vault	12:00 M Pole Vault
14:15 W Javelin	12:05 W 100m H heats
14:20 M 100m heats	12:20 M Javelin
14:30 M Shot Put	12:25 M 3000m ST
14:40 W 400m H	12:40 W High Jump
15:00 M 400m H	12:55 M 800m
15:15 M 1500m	13:10 W 100m H final
15:25 W Long Jump	13:25 M 110m H final
15:30 W 100m final	13:30 M Long Jump
15:35 M Hammer	13:35 W Hammer
15:40 M 100m final	13:40 W 200m
15:55 W 5000m final	13:55 W Shot Put
16:25 W 400m	14:00 M 200m
16:40 M 400m	14:20 W 3000m ST
	14:45 W 4x400m
	14:55 M 4x400m

## PRACTICAL INFORMATION

### Call Room Schedule

Saturday 27th of May	Call room open	Call room close	Enter Stadium	Competition
13:00 W Discus	12:20	12:25	12:30	13:00
13:05 M Triple Jump	12:25	12:30	12:35	13:05
13:10 M 5000m	12:50	12:55	13:00	13:10
13:35 M High Jump	12:55	13:00	13:05	13:35
13:40 W 1500m	13:20	13:25	13:30	13:40
14:00 W 100m heat 1	13:40	13:45	13:50	14:00
14:05 W 100m heat 2	13:45	13:50	13:55	14:05
14:10 W Pole Vault	13:15	13:20	13:25	14:10
14:15 W Javelin	13:35	13:40	13:45	14:15
14:20 M 100m heat 1	14:00	14:05	14:10	14:20
14:25 M 100m heat 2	14:05	14:10	14:15	14:25
14:30 M Shot Put	13:50	13:55	14:00	14:30
14:40 W 400m H heat 1	14:20	14:25	14:30	14:40
14:50 W 400m H heat 2	14:30	14:35	14:40	14:50
15:00 M 400m H	14:40	14:45	14:50	15:00
15:15 M 1500m	14:55	15:00	15:05	15:15
15:25 W Long Jump	14:45	14:50	14:55	15:25
15:30 W 100m final	15:10	15:15	15:20	15:30
15:35 M Hammer	14:55	15:00	15:05	15:35
15:40 M 100m final	15:20	15:25	15:30	15:40
15:55 W 5000m final	15:35	15:40	15:45	15:55
16:25 W 400m heat 1	16:05	16:10	16:15	16:25
16:30 W 400m heat 2	16:10	16:15	16:20	16:30
16:40 M 400m heat 1	16:20	16:25	16:30	16:40
16:45 M 400m heat 2	16:25	16:30	16:35	16:45

## PRACTICAL INFORMATION

Sunday 28th of May	Call room open	Call room close	Stadium	Competition
11:00 W Triple Jump	10:20	10:25	10:30	11:00
11:00 W 4x100m	10:35	10:40	10:45	11:00
11:05 M Discus	10:25	10:30	10:35	11:05
11:10 M 4x100m	10:50	10:55	11:00	11:10
11:30 W 800m	11:10	11:15	11:20	11:30
11:45 M 110m H heat 1	11:25	11:30	11:35	11:45
11:55 M 110m H heat 2	11:35	11:40	11:45	11:55
12:00 M Pole Vault	11:05	11:10	11:15	12:00
12:05 W 100m H heat 1	11:45	11:50	11:55	12:05
12:15 W 100m H heat 2	11:55	12:00	12:05	12:15
12:20 M Javelin	11:40	11:45	11:50	12:20
12:25 M 3000m ST	12:05	12:10	12:15	12:25
12:40 W High Jump	12:00	12:05	12:10	12:40
12:55 M 800m	12:35	12:40	12:45	12:55
13:10 W 100m H final	12:50	12:55	13:00	13:10
13:25 M 110m H final	13:05	13:10	13:15	13:25
13:30 M Long Jump	12:50	12:55	13:00	13:30
13:35 W Hammer	12:55	13:00	13:05	13:35
13:40 W 200m heat 1	13:20	13:25	13:30	13:40
13:50 W 200m heat 2	13:30	13:35	13:40	13:50
13:55 W Shot Put	13:15	13:20	13:25	13:55
14:00 M 200m heat 1	13:40	13:45	13:50	14:00
14:10 M 200m heat 2	13:50	13:55	14:00	14:10
14:20 W 3000m ST	14:00	14:05	14:10	14:20
14:45 W 4x400m	14:25	14:30	14:35	14:45
14:55 M 4x400m	14:35	14:40	14:45	14:55

## PRACTICAL INFORMATION

### Transport from/to Copenhagen Airport to Hotel Comwell Copenhagen Portside

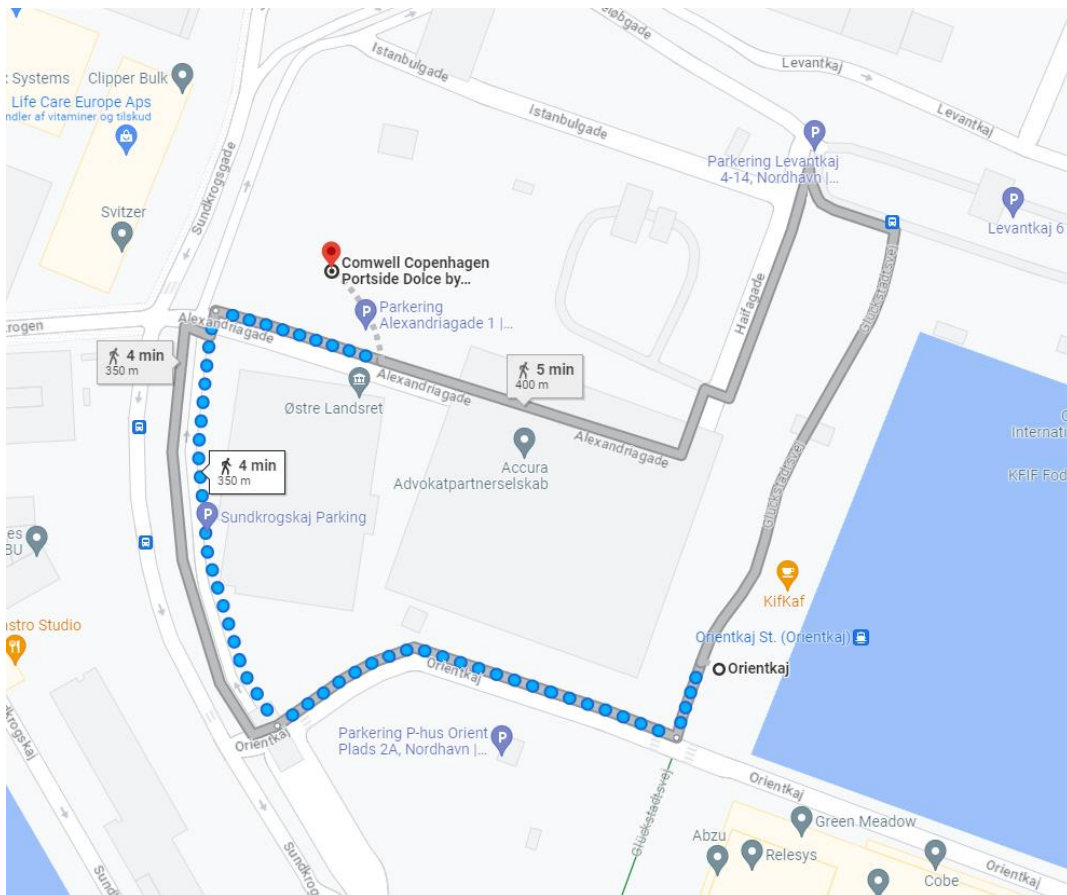
Any metro from CPH airport (they are all M2 travelling from the airport).

CHANGE at KONGENS NYTORV (follow signs for M3/M4).

Get on M4 line.

IMPORTANT: Must be M4 final destination ORIENTKAJ (blue).

Get off at ORIENTKAJ and walk to Hotel (350 m).



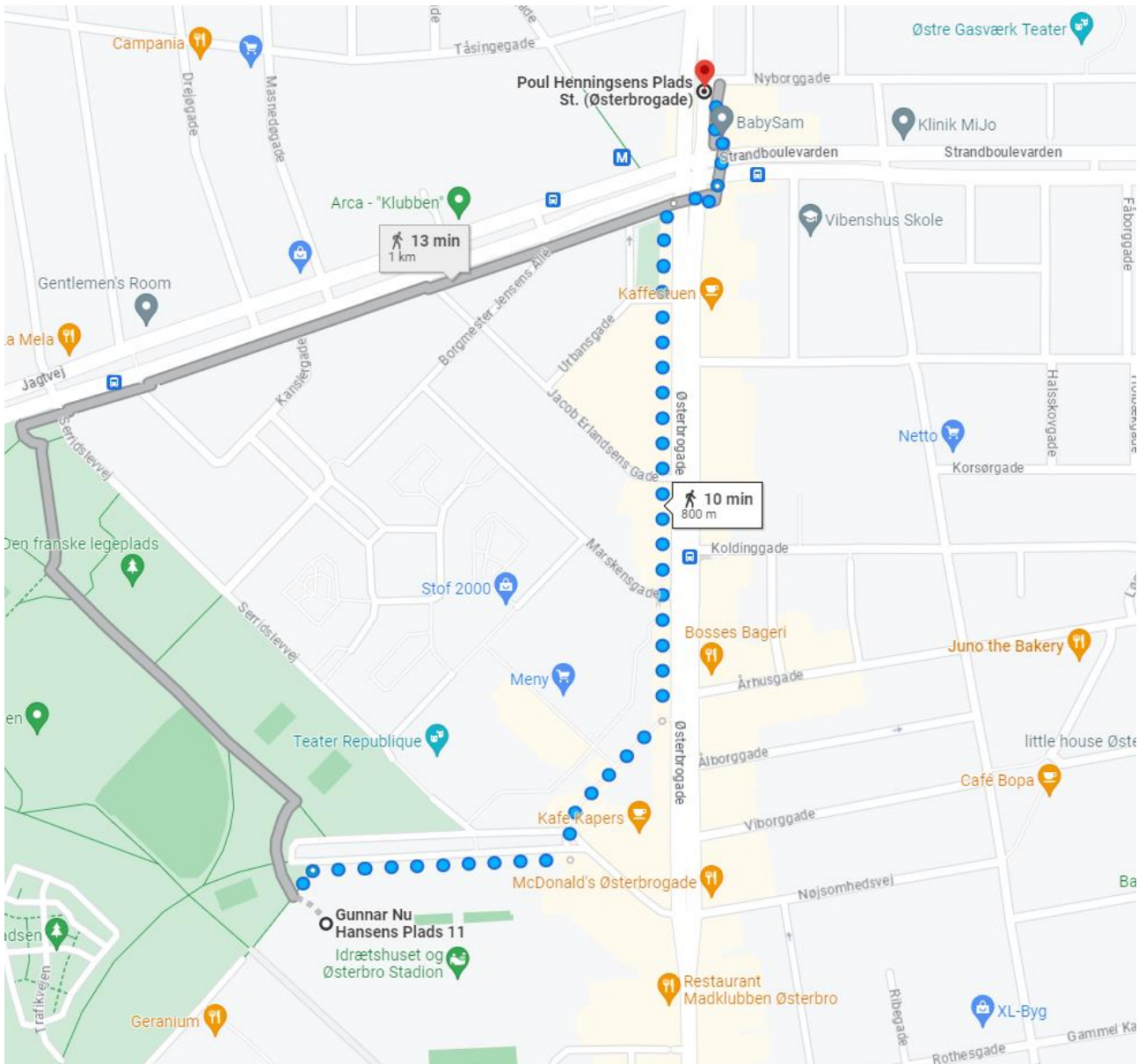
## PRACTICAL INFORMATION

When returning to the airport from the hotel: Any metro from Orientkaj. Change at KONGENS NYTORV to M2 (yellow line – destination CPH airport).

From the stadium to the airport:

Nearest metro station: POUL HENNINGSENS PLADS (M3). It is a 700 m walk.

Catch any metro in the direction of ØSTERPORT. Change at KONGENS NYTORV. Catch M2 to the airport. IMPORTANT: Must be M2, final destination CPH airport.



## PRACTICAL INFORMATION

### Information for ICELAND

Hotel: Comwell Copenhagen Portside, Alexandriagade 1, 2150 Nordhavn.

Stadium: Østerbro Stadion, Gunnar Nu Hansens Plads 11, 2100 Østerbro.

Distance from Hotel Comwell to stadion 1,9 km

Any expenses for food/drinks apart from meals served at hotel and stadium will be covered by visitors.

#### Overview Iceland FRIDAY

Iceland	Check-in at hotel	Training/visit at stadium before dinner	Shuttlebus will run between hotel and stadium in this period:	Dinner at hotel	Team meeting
	From 15.00	Until 19.15	16.30-20.55	19.45-20.30 (with Finland)	Can be held in the hotel lobby or outside by the dock (by hotel)

The team manager from Iceland can be picked up from the hotel Friday at 18.40 and driven to the technical meeting. Please confirm this to the organizers no later than 25<sup>th</sup> May.

#### Overview Iceland SATURDAY

Iceland	Breakfast at hotel	Shuttlebus will run between hotel and stadium in this period:	Lunch at stadium	Dinner at hotel
	07.00-11.00	11.00-18.40	12.00-15.00 (in groups)	20.00-20.45 (with Finland)

#### Overview Iceland SUNDAY

Iceland	Breakfast at hotel	Check-out at hotel	Shuttlebus will run between hotel and stadium in this period:	Lunch at stadium
	07.00-11.00	No later than 11.00	9.00-12.10	12.00-15.00 (in groups)



## PRACTICAL INFORMATION

### Information for NORWAY

Hotel: Comwell Copenhagen Portside, Alexandriagade 1, 2150 Nordhavn.

Stadium: Østerbro Stadion, Gunnar Nu Hansens Plads 11, 2100 Østerbro.

Distance from Hotel Comwell to stadion 1,9 km

Any expenses for food/drinks apart from meals served at hotel and stadium will be covered by visitors.

#### Overview Norway FRIDAY

Norway	Check-in at hotel	Training at stadium before dinner	Shuttlebus will run between hotel and stadium in this period:	Dinner at hotel	Visit to stadium	Team meeting
	From 15.00	Until 17.45	16.30-20.55	18.00-19.00	19.00-20.45	Can be held in the hotel lobby or outside by the dock (by hotel)

The team manager from Norway can be picked up from the hotel Friday at 18.40 and driven to the technical meeting. Please confirm this to the organizers no later than 25<sup>th</sup> May.

#### Overview Norway SATURDAY

Norway	Breakfast at hotel	Shuttlebus will run between hotel and stadium in this period:	Lunch at stadium	Dinner at hotel
	07.00-11.00	11.00-18.40	12.00-15.00 (in groups)	18.30-19.15

#### Overview Norway SUNDAY

Norway	Breakfast at hotel	Check-out at hotel	Shuttlebus will run between hotel and stadium in this period:	Lunch at stadium
	07.00-11.00	No later than 11.00	9.00-12.10	12.00-15.00 (in groups)

## PRACTICAL INFORMATION

### Information for SWEDEN

Hotel: Comwell Copenhagen Portside, Alexandriagade 1, 2150 Nordhavn.

Stadium: Østerbro Stadion, Gunnar Nu Hansens Plads 11, 2100 Østerbro.

Distance from Hotel Comwell to stadion 1,9 km

Any expenses for food/drinks apart from meals served at hotel and stadium will be covered by visitors.

#### Overview Sweden FRIDAY

Sweden	Check-in at hotel	Training at stadium before dinner	Shuttlebus will run between hotel and stadium in this period:	Dinner at hotel	Visit to stadium	Team meeting
	From 15.00	From 18.15	16.30-20.55	19.00-19.45	19.45-20.45	Can be held in the hotel lobby or outside by the dock (by hotel)

The team manager from Sweden can be picked up from the hotel Friday at 18.40 and driven to the technical meeting. Please confirm this to the organizers no later than 25<sup>th</sup> May.

If you wish to have the team meeting at the stadium in the period 20.00-20.45, this can be arranged by the organizers. Please let us know no later than 25<sup>th</sup> May.

#### Overview Sweden SATURDAY

Sweden	Breakfast at hotel	Shuttlebus will run between hotel and stadium in this period:	Lunch at stadium	Dinner at hotel
	07.00-11.00	11.00-18.40	12.00-15.00 (in groups)	19.15-20.00

#### Overview Sweden SUNDAY

Sweden	Breakfast at hotel	Check-out at hotel	Shuttlebus will run between hotel and stadium in this period:	Lunch at stadium
	07.00-11.00	No later than 11.00	9.00-12.10	12.00-15.00 (in groups)

## PRACTICAL INFORMATION

### Information for FINLAND

Hotel: Comwell Copenhagen Portside, Alexandriagade 1, 2150 Nordhavn.

Stadium: Østerbro Stadion, Gunnar Nu Hansens Plads 11, 2100 Østerbro.

Distance from Hotel Comwell to stadion 1,9 km

Any expenses for food/drinks apart from meals served at hotel and stadium will be covered by visitors.

#### Overview Finland FRIDAY

Finland	Check-in at hotel	Training/visit at stadium before dinner	Shuttlebus will run between hotel and stadium in this period:	Dinner at hotel	Team meeting
	Tidligst kl. 15.00	Frem til kl. 19.15	16.30-20.55	19.45-20.30 (with Iceland)	Can be held at the end of dinner service

The team manager from Finland can be picked up from the hotel Friday at 18.40 and driven to the technical meeting. Please confirm this to the organizers no later than 25<sup>th</sup> May.

#### Overview Finland SATURDAY

Finland	Breakfast at hotel	Shuttlebus will run between hotel and stadium in this period:	Lunch at stadium	Dinner at hotel
	07.00-11.00	11.00-18.40	12.00-15.00 (in groups)	20.00-20.45 (with Iceland)

#### Overview Finland SUNDAY

Finland	Breakfast at hotel	Check-out at hotel	Shuttlebus will run between hotel and stadium in this period:	Lunch at stadium
	07.00-11.00	No later than 11.00	9.00-12.10	12.00-15.00 (in groups)

## Information til DANMARK

Hotel: Comwell Copenhagen Portside, Alexandriagade 1, 2150 Nordhavn.

Stadion: Østerbro Stadion, Gunnar Nu Hansens Plads 11, 2100 Østerbro.

Afstand fra Hotel Comwell til stadion 1,9 km

### Oversigt Danmark fredag

Danmark	Indtjekning hotel	Træning/besøg på stadion før aftensmad	Bus kører mellem hotel og stadion i tidsrummet	Aftensmad på Østerbro stadion + holdmøde
	Tidligst kl. 15.00	Frem til kl. 18.00	16.30-20.55	19.00-20.00

### Oversigt Danmark lørdag

Danmark	Morgenmad På hotel	Bus kører mellem hotel og stadion i tidsrummet	Frokost på stadion	Aftensmad På Østerbro Stadion + holdmøde
	07.00-11.00	11.00-18.40	12.00-15.00 (i grupper)	19.00-20.00

### Oversigt Danmark søndag

Danmark	Morgenmad På hotel	Udtjekning hotel	Bus kører mellem hotel og stadion i tidsrummet	Frokost på stadion
	07.00-11.00	Senest kl. 11.00	9.00-12.10	12.00-15.00 (i grupper)