

Competition information:

# QUALITY HOTEL™ *games*



At Telekonsult Arena 20–22 January 2023

## GENERAL INFORMATION

**ARENA** is Telekonsult Arena, Hejaregatan 9, Växjö.

**OPENING HOURS** Telekonsult Arena is open on Friday from 16.30, Saturday from 08.30, and Sunday from 07.30.

**LOCKER ROOMS** in Telekonsult Arena.

**RESTROOMS** are available for athletes and coaches in both the warm-up area and in Telekonsult Arena. In Telekonsult Arena there are restrooms behind the 60 m starting area as well as in the locker rooms.

**THE ENTRANCE FOR ATHLETES AND COACHES** is on the west side of Telekonsult Arena, across from Värendsvallen (the outdoor arena).

**FOOD STAND** will be available in Telekonsult Arena. **We do not accept cash.** We serve pasta salad, lasagna, hamburger, hotdogs, and baguettes. We also have vegetarian, gluten-free, and lactose-free options. We advise you to bring your own food or visit a restaurant if you have any other special dietitian preferences. You are allowed to bring your own food into the arena.

## BIBS

**BIBS** are sorted in clubs and can be picked up in the area by the food stand. Bibs can be picked up on Friday between 17:30-20:00, Saturday from 08.45-14.45, and Sunday from 07.45-13.45. At other times, the bibs may be found at the food stand. Competitors who compete for non-Swedish clubs may pay the entry fee at the food stand where they can also pick up their bibs. Bibs should be placed on the chest of the competition jersey in all events except for the high jump and pole vault where it should be placed on the back. Advertisements must be visible.

## BEFORE, DURING, AND AFTER THE COMPETITION

**LATE REGISTRATION** will be subject to availability at double the rate, and up to 60 min before the event starts. All late registrations are made through [easyrecord.se](https://www.easyrecord.se). If you do not have a prior registration for another event you can pick up your bib at the technical information center (TIC) on the third level, up the staircase.

**EVENT CHECK-IN** Athletes of all ages need to do an event check-in 60 minutes before the event starts. Event check-in will be made online at [EasyRecord.se](https://www.EasyRecord.se), the check-in opens after midnight on the day of the competition. **You will be denied competing if you are not checked in.**

If you want to redraw from a final you have to notify the TIC (third level) in Telekonsult Arena.

**WARM-UP** areas are inside or in the sprinting hall which is reached through a passage in Telekonsult Arena.

**CALLING** is at the place of the event and 10 min before it starts. Calling for 200 m or longer races will occur by the 60m starting line.

**AWARD CEREMONY** is right after every event. Awards to age groups 12-15 are given to the top 6 athletes. First, second and third place will be awarded a cup, and places 4-5-6 will receive a medal. The award ceremony will take place in the area close to the locker rooms.

Only the winner will receive a prize in the age group 17-19 and older. The award ceremony will take place at your event by the event leader. Records will be notified and awarded in the middle of the arena and announced by the speaker.

**EMERGENCY AID** is present and based in close proximity to the 60 m finish line.

**RESULTS** are uploaded live on [easyrecord.se](http://easyrecord.se) and can solely be found online. Any error should be notified to the TIC.

**LIVE STREAM** will be available on [friidrottskanalen.se](http://friidrottskanalen.se).

## COMPETITION RULES FOR QUALITY HOTEL GAMES

**LONG JUMP** in age groups of 14 or older may be seeded into two pools where the final will be settled in one pit. There will be an opportunity for athletes who switch pit onto the final to do a warm-up. This will be decided in an agreement with the event leader.

**POLE VAULT** men will be divided into two pools. Pool B starts at 14.35. **Pool A starts warm-up as soon as Pool B is finished. FIY! Event check-in for Pool A is at 15.00 at the latest.** [The list for Pool A and Pool B.](#)

### HEATS OCH LANE DRAW

Heat selection and lane draw are made by representatives at the TIC.

**Heat selections/lane draws** are announced at [easyreckord.se](http://easyreckord.se) proximately 30 minutes before the start of an event.

The best 8 times are through to the final in 60 m och 60 m hurdles. Races with more than three qualifying heats will also have a B-final for the times 9-16. The final will happen directly if a race has a maximum of 8 athletes in 60m and 60m hurdles. There will be an opportunity to run again at the scheduled final but won't change the order.

### Seeding

- Is made for all races that do not have a final.
- The seeding for men and women is decided by Håkan Widlund on 200 m and 400 m, and Per Skoog on 800 m and 1500 m.
- The seeding for the other age groups is decided from the times in the entry list.
- Races will be seeded into A- and B- finals if there is more than one heat.

### 200 meters

- The lanes used for men and women on 200 m are 2–6 (seeded 6-5-4-3-2).
- All other groups are using all lanes. The lanes are seeded 4-3-5-6-2-1.

### 400 meters

- On 400 m all lanes are used and they are seeded 5-6-4-3-2-1.

### HIGHT PROGRESSION

**M high jump:** 186-191-195-199-203-206-209-211 + 2 cm

**p17 high jump:** 146-152-157-162-166-170-173-176-178 + 2 cm

**p14 high jump:** 122-130-137-143-148-152-155-158-161-164 + 2 cm

**p13 high jump:** 117-125-132-138-143-147-150-153-156-159 + 2 cm

**p12 high jump:** 112-120-127-133-138-142-145-148-151-154 + 2 cm

**M pole vault:** 420-440-456-470-482-492-500-508 + 7 cm

**p17 pole vault:** 348-368-378-388-398 + 7 cm

**p15 pole vault:** 188-208-228 + 10 cm

**p13 pole vault:** 148 + 10cm

**W high jump:** 156-161-165-169-173-176-179-181 + 2 cm

**F17 high jump:** 138-144-149-154-158-162-165-168-170 + 2 cm

**F15 high jump:** 120-128-135-141-146-151-156-160-164-167-169 + 2 cm

**F12 high jump:** 100-108-116-123-129-135-141-145-149-152-154 + 2 cm

**W pole vault:** 355-370-384-394-404-411-418 + 7 cm

**F17 pole vault:** 260-275-285-295-305-315-325 + 7 cm

**F15 pole vault:** 138 + 10 cm

**TRIPLE JUMP BOARDS.** Long-/triple jump 2 will have a board at 11m and 13 m, and a painted board at 9m. At long-/triple jump 1 (F14, F15 och P15) there will be a board at 9.30m and a painted board at 7m. You will choose which board you want at the calling, 10 minutes before the event starts.

In the **POLE VAULT, LONG JUMP, TRIPLE JUMP, AND HIGH JUMP** there will be approach markers to borrow. It is prohibited to mark the track with chalk or any other similar marker.

**THE SPIKE LENGTH ALLOWANCE** is 7 mm except for the high jump, then it is 9 mm.

**POLE PLUGS** with black rubber are prohibited. **POLE PLUGS** made of plastic are allowed.

**IMPLEMENTS** have to be weighed in or measured one hour at the latest before the start of the event. You will leave and pick up your implement in a box that is placed by the wooden wall close to the locker rooms.

## QUESTIONS

**THE COMPETITION LEADER** is **Martin Joabsson**, IFK Växjö, [martin.joabsson@gmail.com](mailto:martin.joabsson@gmail.com).

**QUESTIONS ARE ANSWERED** by IFK Växjös kansli +46 (0)470–16116 or [info@ifkvaxjo.se](mailto:info@ifkvaxjo.se)

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