

Quality Hotel™

GAMES

PM WOMEN AND MEN 200 M AND 400 M

SEEDING 200 METER

For the 200 m, lanes 4–6 will be seeded according to the lane order 6, 5, 4. Lanes 2 and 3 will be used for non-seeded runners. The A final takes place first.

SEEDING 400 METER

For the 400 m, lanes 3–6 will be seeded according to the lane order 5, 6, 4, 3. Lanes 1 and 2 will be used for non-seeded runners. The A final takes place first.

CHECK-IN AND CALLING

All check-in will be done digitally on easyrecords.se.

For the 200 m and 400 m for seniors, check-in must be done at least 120 minutes before the start of the event. After that, seeding will take place, and based on that, calling up will occur in a process called "Batched Calling." This means that three heats at a time will be called up. This is implemented to reduce the time for calling up, and participants will experience less waiting time between the calling up and the race.

Calling will occur as follows:

Women 200 m	Women 400 m	Men 200 m	Men 400 m
A-C Final - Calling 18.20	A-C Final - Calling 17.50	A-C Final - Calling 19.15	A-C Final - Calling 17.00
D-F Final - Calling 18.35	D-F Final - Calling 18.05	D-F Final - Calling 19.30	D-F Final - Calling 17.15
G-I Final - Calling 18.50		G-I Final - Calling 19.45	G-I Final - Calling 17.30
J-L Final - Calling 19.05		J-L Final - Calling 20.00	