

## COMPETITION INFORMATION:

# Quality Hotel™ GAMES



## AT TELEKONSULT ARENA 19–21 JANUARY 2024

### GENERAL INFORMATION

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

**OPENING HOURS** Telekonsult Arena is open on Friday from 16.00, 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 only accept card payment.** 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 by clubs and can be picked up at the food stand for competitors representing non-Swedish clubs. Additionally, the entry fee is paid at the same location.

In all events, except for high jump and pole vault, Bibs should be positioned on the chest of the competition jersey. For high jump and pole vault, they 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** All athletes, regardless of age, must complete event check-in 60 minutes before the event starts, except for the Men's and Women's 200m and 400m (120 minutes before). Please refer to separate information for those specific events. Event check-in will be conducted 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 must 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 60 m 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 near 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.

**HEATS AND LANE DRAW** Heat selection and lane draw are made by representatives at the TIC. **Heat selections/lane draws** are announced at [easyrecord.se](http://easyrecord.se) proximately 30 minutes before the start of an event. [Separate information is available for the Men's and Women's 200m and 400m events.](#)

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. For seniors and U20 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.

### 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 HIGH JUMP

### BOYS/MEN

<b>M</b>	171	181	186	190	194	197	200	202	204	206	+2
<b>U18</b>	146	152	157	162	166	170	173	176	178	180	+2
<b>U16</b>	130	138	145	151	156	161	165	169	172	175	+2
<b>U15</b>	122	130	137	143	148	155	155	158	161	164	+2
<b>U14</b>	117	125	132	138	143	147	150	153	156	159	+2
<b>U13</b>	112	120	127	133	138	142	145	148	151	153	+2

### GIRLS/WOMEN

<b>W</b>	146	151	156	161	165	168	171	174	177	180	+2
<b>U18</b>	129	136	142	147	152	157	161	165	167	169	+2
<b>U16</b>	120	128	135	141	146	151	156	160	164	167	+2
<b>U14</b>	109	117	124	130	136	142	146	150	152	154	+2
<b>U13</b>	108	116	123	129	135	141	145	149	151	153	+2

## HIGHT PROGRESSION POLE VAULT

### BOYS/MEN

<b>M</b>	399	419	439	454	468	482	+ 10 cm
<b>U18</b>	228	248	268	288	308	328	+ 10 cm
<b>U16</b>	142	162	182	202	222	242	+ 10 cm
<b>U14</b>	132	152	172	182	192	202	+ 10 cm

### GIRLS/WOMEN

<b>W</b>	309	324	339	354	369	379	+ 10 cm
<b>U18</b>	205	225	245	255	265	275	+ 10 cm
<b>U16</b>	187	207	217	227	237	247	+ 10 cm
<b>U14</b>	122	132	142	152	162	172	+ 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)