PM FOR ÖRESUNDSSPELEN 7-9/7 2023

All competitors, leaders and relatives are warmly welcomed to this year's Öresundsspelen which includes almost 600 participants who together makes about 1500 entries. Participating nations are Sweden, Denmark, Norway, Finland, Germany, Canada and Saudi Arabia.

Starting bibs etc. can be collected in the competition office at Hedens IP, in the blue house.
Friday, July 7: 14.00 – 19.00
Saturday, July 8: 09.00 – 16.00
Sunday, July 9: 08:30 – 16.00

All participants must wear their number tag fully visible on their chest when competing. In high jump and pole vault it is allowed to wear it on the back.

Prizes/award ceremony: Award ceremony is held after each final competition. Placement 1-3 receives a prize. For overcoming a Öresundsspel record, a special plaque is obtained. In the age group 11 years and younger, everyone gets a medal - an honorary medal per participant - not per branch.

Dressing room and toilets: Will you find in the Green house on the north side of the stadium.

Warm up: General warm up is outside the stadium, see map. Warm up should not occur on the inner stadium. Only those who are participating in an ongoing competition is allowed on the inner stadium.

WE ASK ALL LEADERS AND ACTIVE TO RESPECT THIS.

Confirmation of participation: In all running disciplines, you must confirm your participation no later than 60 minutes before assigned start time. You do that via easyrecord.se. ADJUST ANNUAL BEST in all races for proper seeding. You get your heat and track number during the calling, 10 minutes before the race. This conformation will not be needed in the jumping and throwing events.

Post-registration is received by the secretariat, subject to availability.

Calling: In all disciplines at each competition site 10 min before start. Monitor your starting order.

Races: There will be no finals in races longer than 110 m, the result will depend on the times in the separate heats. The competitors are divided into heats depending on their best time; the best time runs in the last heat, the second best in the second last heat, etc., therefore, it is important that best times are stated.

Races up to and including 110 m are settled by best times going to final. A- and B-final is held if more than 24 is participating. The times in the different finals are not merged.

If it turns out that qualifying round is not needed after the confirmation of participation, in races, the final will be held immediately on the trial time!

Jumping schedule:

High jump:

MS	181	185	189	193	197	201	205	209	212	+ 2cm
B19	161	166	171	176	181	185	189	193	197	+ 2cm
B17	151	156	161	166	171	175	179	183	186	+ 2cm
B15	141	146	151	156	161	165	169	173	176	+ 2cm
B14	136	141	146	151	156	160	164	167	170	+ 2cm
B13	126	131	136	141	146	150	154	158	161	+ 2cm
B12	116	121	126	131	136	140	144	147	150	+ 2cm
B11	96	101	106	111	116	120	124	127	130	+ 2cm
WS	146	151	156	161	165	169	172	175	178	+ 2cm
G19	146	151	156	161	165	169	172	175	178	+ 2cm
G17	136	141	146	151	156	160	164	168	171	+ 2cm
G15	126	131	136	141	146	150	154	158	161	+ 2cm
G14	121	126	131	136	141	145	149	152	155	+ 2cm
G13	111	116	121	126	131	135	139	142	145	+ 2cm
G12	101	106	111	116	121	125	129	133	136 - 139	+ 2cm
G11	91	96	101	106	111	116	120	124	128-131-134	+ 2cm

Pole Vault:

MS	413	430	447	464	481	498	513	526	537	546	555	+ 7 cm
P17	200	235	260	280	300	315	330	355	370	380	390	+ 10 cm
P15	200	235	260	280	300	315	330	355	370	380	390	+ 10 cm
KS	286	307	326	343	358	372	385	395	403	410	416	+ 5 cm
F19	185	220	240	260	275	290	305	320	330	340	350	+ 10 cm
F17	185	220	240	260	275	290	305	320	330	340	350	+ 10 cm
F15	185	220	240	260	275	290	305	320	330	340	350	+ 10 cm

Finals in technical events: In all technical disciplines the 8 best will go to the finals and get 3 more attempts The results of the trial follow with the participants to the finals.

Competitors 11 years and younger: everyone has 4 attempts in all technical events. They race twice at 60m, once in the morning and once after lunch.

Own equipment's in throwing events: These must be submitted and weighed in at least one hour before each event start in the material shed. The in-weighed tools may be used by all competitors in the branch.

Spike length: 6 mm in running branches and 9 mm in jump / javelin

Result: All results are posted shortly after the competition on the bulletin board behind the stands. In addition, all results are posted on our website www.ifkhelsingborg.se and live at easyrecords.se