

INFORMATION FOR ATHLETES AND COACHES

Timetable/Call in	Please see the programme leaflet (timetable and call in) in your envelope. The call in will take place in front of the maintenance building (near the start of 100 m, north end of the track).	
Athlete's/coaches card	You'll need the athlete's/coach's card (in the envelope) to enter the stadium during the event.	
Checking of the throwing implements	In the maintenance building of the stadium starting at 12:00 (12:00 am). All implements must be checked 1h 30min minutes before the start of the event at the latest.	
Bibs	One for pole vault, long jump and triple jump. Two for all the other events (front and back). You do not need to return the bibs. In lane events we don't use the leg bids. See your athlete envelope. Bibs are by surname.	
Event office	15 th - 16 th of June Meeting room "Luentosali 1" at the Sports Hotel, 2 nd floor (no. 24 on the map). Open 10am – 10pm (14 th June 2pm-10pm) 17th of June Kuortane Senior secondary sport school (100 meters from the stadium)	
Technical Meeting	On Friday 16 th of June at 20.00 (8.00 pm) at Event Office (no. 24 on the map). (will be organized if needed)	
Heights of the bar in Pole Vault	400 – 415 – 430 – 445 – 456– 461 + 5cm (update 16.6. 18:00)	
Introduction of athletes	About 5 – 10 min. before the start of the event.	
Warm-up on 17th of June	In the woods (tracks) between the stadium and the Training Center. Warming up is not allowed in the Stadium during the competition. Sure time enough for warm up throws and jumps after call room. In Kuortane Arena from 12:00 (noon) to 19:00 (7 pm).	
Prizes (flowers)	The winner will receive a small gift back There will be couple of questions from infield interviewer and the press/tv near the finish line.	
Payments	No cash payments – only bank transfers. All managers have received the detailed invoice instructions. For more information, please contact: Manager Tero Heiska, tel. +358 40 518 7248.	

Meal times	Every day	Breakfast	07.00 – 10.00
	at Eppula Buffet	Lunch	11.00 – 13.30
	(Building no. 24)	Dinner	16.30 – 19.30
			16.30 – 20.30 (Saturday)
		Evening snack	20.00-21.30 (latest arrival)
Training facilities	Kuortane Olympic Training Center's indoor track and field training facilities and gyms are available for you during your stay in Kuortane.		
Dressing rooms	Dressing rooms at the Stadium are also at your free disposal during the competition. Dressing rooms are in the Maintenance building.		
Coaches seats	There are reserved seats for coaches of long jump (main stand) and pole vault (back stand) during the events (front row). Other coaches should stay on back stand areas close to the event (outside the competition area).		
Results	Results of the events you'll find printed in the hotel lobby, in the closing banquet in Rantasauna and on the Internet at: https://www.kuortanegames.com/results.html		
Injuries	In case of injury, please contact people with RED CROSS –logos for help. The doctor, ambulance and the medical personnel of local Red Cross will be available in the Stadium during the competition.		
Records	In case of national, European or World record, please contact the meeting organizers for the DOPING CONTROL (located Kuortane Arena, 2 nd floor).		
Departures/ Return transportation	Please, remember to check and confirm your departure transport times on the board in the lobby. For all questions concerning your return transport, please contact Mr Tero Heiska, tel. +358-40-518 7248 or transportation manager Mr Antti Lassila, tel. +358-40 311 4583.		
General Inquiries	Manager, Mr Tero Heiska, tel. +358 40 518 7248		
Check out	Please, remember to check out at the reception on your departure day by 12:00 at the latest.		