



**Dear Athlete,**

*It is with great pleasure we welcome you to Göteborg and our stop on the indoor circuit. We hope that SamsungGalan will be a competition enjoyable for both athletes and spectators!*

*We will make an effort to produce a high quality TV-production by minimizing the number of people on the infield. We therefore kindly ask you to respect the instructions given by the officials in your events.*

**Welcome to Göteborg!**

### **Transportation**

You will be provided with transportation to the airport. Please check the departure schedule in the hotel lobby.

On the competition day, a shuttle service to the arena will be available between 16.30 and 18.00 and back to the hotel between 21 and 22. The ride to the arena takes about 10 minutes.

For special transportation, please contact the official at the SamsungGalan Welcome desk in the Hotel lobby. Phone: +46 707 61 00 13

### **Poles**

The poles will be transported directly to the arena and taken back to the Hotel after the competition.

### **Hotel information**

Elite Park Avenue Hotel [www.elite.se](http://www.elite.se)  
Kungssportsavenyn 36-38, SE-400 15 Göteborg  
Tel: +46-31 727 10 00  
Fax: +46-31 727 10 10

We remind you that you will have to pay for Pay-TV, minibar and telephone while staying at the hotel.

### **Press Conference**

An official press conference will be held at the Elite Park Avenue Hotel on Monday, at 16.00. Invited athletes must be available for media at this time.

### **Athletes' Information**

If you have any questions, please contact the Welcome desk in the hotel lobby.

Phone: +46 707 61 00 10

*Daniel Wessfeldt*

*Athletes' Co-ordinator*

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*Stina Funke*

*Assistant Co-ordinator*

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### **Meals**

Breakfast, lunch and dinner will be served at the hotel.

	<b>Monday</b>	<b>Tuesday</b>
Breakfast	6.30-10	6.30-10
Lunch	12-15	12-16
Dinner	18-21	21-24

### **Massage**

There will be a massage service at the hotel. Please contact the Official at the Welcome desk for reservation.

### **Training**

Training is possible at Friidrottens Hus, a modern indoor arena with 200 meter track and Gym. Please Contact the Official at the Welcome desk in the lobby for transportation.

### **Site visit and practice**

Transportation from the hotel to the Scandinavium Arena for site visit and practice will be available on Monday between 16.30 and 17.30.



## Bibs

The number bib shall be pinned on the front of the competition suit. The bibs may not be cut, bent or covered in any way.

The bib number is also your accreditation in the Arena. The bib will be handed out when you sign in at Scandinavium.

## Warm up

You are allowed to warm up on the infield from 18.00 until the opening ceremony at 18.30. The running events have to warm up under the stands of the stadium until calling.

## Opening Ceremony 18.30

Some athletes are asked to line up at the event for the opening ceremony and event presentation at 18.25.

## Calling

For the running events the calling will take place 15 minutes before the start of each heat in the calling area. For Pole Vault the call is 60 minutes before start and in the other Jumping Events the call is 30 minutes before each start.

## Start Commands

The starter's commands will be in English.

## Coordination during competition

To make a good show, the competition coordinator might have to hold your event for a few seconds at some point in the competition. We hope this will not cause any disturbance to you.

## Time Table

All events will start immediately after the official presentation:

<b>Start</b>	<b>Event</b>
16.20	W Pole Vault
16.20	M22 Triple Jump
16.30	W High Jump nat.
16.45	Samsung Youth Events 60m, High Jump
17.20	G19 Long Jump
17.20	Weightlifting "Snatch"
17.50	M High Jump nat.
17.50	Weightlifting "Clean and Jerk"
<b>18.30</b>	<b>Opening Ceremony</b>
<b>18.35</b>	<b>M Combined Event Hurdles</b>
<b>18.40</b>	<b>M Triple Jump</b>
<b>18.45</b>	<b>M Hurdles heats</b>
<b>18.50</b>	<b>M Pole Vault</b>
<b>19.00</b>	<b>M Combined Event Shot Put</b>
<b>19.15</b>	<b>W 60m Nordic Challenge heats</b>
<b>19.30</b>	<b>W High Jump</b>
<b>20.05</b>	<b>G13 60m</b>
<b>20.10</b>	<b>B13 60m</b>
<b>20.20</b>	<b>M Combined Event Long Jump</b>
<b>20.25</b>	<b>W 60m Nordic Challenge B-final</b>
<b>20.30</b>	<b>W 60m Nordic Challenge A-final</b>
<b>20.45</b>	<b>W Hurdles final</b>
<b>21.00</b>	<b>M Hurdles final</b>
<b>21.10</b>	<b>Closing Ceremony</b>

## Jumping Heights

M PV: 505-520-535-545-555-565-575-581-586 +5cm

W HJ: 175-180-184-187-190-193-196-198-200 +2cm

W PV: 360-380-400-410-418-424-430 + 6cm

M HJ (nat.): 195-200-204-208-211-214-217-220 +2cm

K22 HJ: 160-165-170-173-176-178-180 +2cm

## Shot put

The shot put in the 3-event challenge will be held with indoor shots (with a rubber surface). You can practice with these at Friidrottens Hus. Please notice that the shot put will be held only 25 minutes after the hurdle race. This is due to the tight schedule with other events.

## Victory Ceremony

The victory ceremony for each event will be held immediately after its finish.

In the late events it will be performed as soon as possible after the last event, at approx. 21.10. The winners are asked to stay close to the calling area.

## Finance Office

All payments will be made by transfer within four weeks after the competition.

*Good Luck at  
SamsungGalan 2010*

