



Tikkurila, 25.-27.10.2019

## Instructions for arriving teams

### Keys to the lockers

Outside the swimming pool, near the entrance, you will find a tent where one member of each team will need to sign in. Each team will be given an envelope, which contains the keys to the lockers, instructions for competitors and passwords and instructions for making withdrawals and changes to the relay teams online. On the side of the tent you will find a list of the teams who have already signed in and the name of the person who has been given the team envelope. Please, check the list before getting in line. After the competition has started, the remaining envelopes will be found in the competition office inside the building. As we have a limited amount of lockers, the lockers need to be shared with your team mates. After the competition all cards need to be returned to the office inside the team envelope you were given. **Please, return the cards all at once and leave the key in the locker door.**

### Withdrawals

All withdrawals need to be reported at latest one hour before the start of each session. We are kindly asking you to make all withdrawals online at <http://app.livetiming.se>. Each team has its own password, which you will find in the envelope. You may also make your withdrawals with a written form that can be found in the office. As we have a very tight schedule, we are asking you to report all withdrawals; your own as well as your friends'. In return we are offering you a ticket for coffee&sandwich served at the hallway behind the starting blocks.

### Late entries

Late entries are possible to make until Friday 25th 3pm. The entry fee for late entries is 45€ (five-times the normal fee).

### Relay teams

You can make changes to the age group of a relay team up until Friday the 25th 3pm. The members of the relay team must be reported at latest one hour before the start of the session. We are kindly asking you to make all reports online at <http://app.livetiming.se> the password for each team can be found in the team envelope. It is also possible to report the team members by a form which you can get from the office.

### Team leaders meeting

The team leaders meeting will be held on Friday 25th Oct. at 2pm in a gym located in the basement of the building. You will find the entrance to the stairs in the lobby. The Finnish swimming rules state that each team must have a representative in the meeting. If you cannot attend the meeting on Friday, there will be another on Saturday 26th Oct at 8.10 am.

### Medals

In Open Nordic Masters Championships the medals will be given to the first three swimmers of each age group regardless of the nationality. There will not be a separate prize ceremony during the competition. The medals can be collected after the results have been published.



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### Warm up

In evening sessions (fri, sat, sun) the warm-up starts 1,5 hours before the start of the session and on Saturday morning one hour and ten minutes before the start of the session. The pool needs to be kept empty until the announcer gives permission to enter the pool. Warm up ends 10 minutes before the start of the session. Lane 6 will be reserved for starts and sprints 30 minutes before the end of the warm up. For cool down during the competition, there is only a small children's pool. There will be a short break before the start of events 12, 22 and 32. The estimated time of those events is the earliest possible starting time and if the competition is ahead of the schedule, the warm up break will be longer. **Swimming in the diving well is not allowed during the competition.**

### Call room

The call room is located behind the stands. The heat that is being called at the time can be seen on a number board next to the seating area. All swimmers must be present at the call room and the heat will be walked together to the starting blocks.

### Doctor

The doctor's station for first aid is located in the handicapped locker rooms behind the stands near the starting blocks. In case of an emergency, please follow the announced instructions.

### Starts

All heats will be started while the swimmers of the previous heat are still in the pool. Swimmers are allowed to get out only after the next heat has started, also in back stroke! (The only exception is the 50m races, where the swimmers will get out of the pool as soon as the race is finished.) *After the race is finished, the swimmer will move away from the wall, stay next to the lane line and wait quietly and still for the start of the next heat.* Refusal to do so might lead up to a disqualification. All clothes and other equipment should be put in the baskets before the race. You will find your own basket in the stands near the starting blocks. To minimize the disturbance, swimmers should avoid going to the starting end after the race.

### Long distance races

Long distances will be raced two swimmers in one lane. The swimmers will start in two heats 30 seconds apart from the same end of the pool. The swimmers will swim on their own side of the lane the entire race. During the race the time board will not be switched off and the results will be published in LiveTiming after the race has ended.

### Parking

There will be almost 600 competitors in the swim meet, on top of which there are two other big sporting events in the Tikkurila Sports Center. The number of parking spots is be limited and we recommed you to arrive by public transportation or shared rides, if possible. If the parking lot is full, you may use the court yard between Trio Arena and Trio Sport Centerparking for parking and also the parking lots at Peltolan koulu (a school), Urheilupuiston päiväkoti and Lummepolun päiväkoti (day cares). There is also parking along the streets of Lummepolku and Lummetie.



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### **Lunch**

Lunch will be served in the cafeteria of the pool at 10am-3pm. The lunch that was reserved beforehand will be served in Trio Sports Center, which is the building next to the pool.

### **Heat sheets, results and schedules**

Heat sheets will be published in LiveTiming during the warm up. and can be found at the pool deck and in the lobby. The results will be found in LiveTiming after each race.

### **Resting area**

There is a gym in the basement of the building which can be used as a resting area between the races. You will find the gym once you go down the stairs located in a hallway behind the starting blocks. You can also find the stairs to the gym from the lobby of the main entrance.

**Please, do not enter the divers mattresses on top of the stands.**

### **Dinner and Night Club**

The buffet dinner for the competitors will be held at Sokos Hotel Vantaa on Saturday 26th Oct at 9pm or as soon as the session has finished. The dress code is casual. The dinner is served in cocktail style around tall tables and after the dinner is finished the place will be open for public as a night club. Wrist bands for the night club can be purchased at a discounted price of 10€/person at the venue. The reserved dinner tickets can be paid and picked up at the competition venue after the competition has started (not during warm up). Tickets need to be paid by Saturday 1pm. Tickets to the dinner will be sold until Saturday 3pm. You may pay for your tickets by cash or card (25€/person, 15€/child). The kids can attend the party until 11pm and after which the place will turn into a night club and kids are not allowed to stay.

**WELCOME TO TIKKURILA!**