



Athletes Information

Motonet GP 2024 Joensuu

Timetable: <https://www.motonetgp.fi/en/joensuu/timetable/>

Warm-up and training

Stadium (Keskusurheilukenttä, Mehtimäenaukio 2) is open all day. Joensuu Areena + gym (indoor track) is good for warm-up when the competition is on. There are also good running routes near the Stadium.

Accommodation

The hotel is Sokos Hotel Kimmel (Itäranta 1, 80100 Joensuu). Reception is open 24/7. Check-in starts at 3pm and check-out has to be done at 12am. Breakfast, lunch and dinner is served at the hotel's restaurant.

Meals' timetable:

Breakfast:

6.15am to 10am on weekdays

7.30am to 10.30am on Saturday and Sunday

Lunch:

Friday from 11am to 2pm

Saturday from 12am to 3pm

Dinner:

Thursday from 6pm to 8pm

Friday from 6pm to 8pm

Saturday from 8pm to 11pm

It is safe to drink tap water. 😊

Competition office

Competition office located in Sokos Hotel Kimmel is open:

Thursday from 3pm to 5pm

Friday from 9am to 9pm

Saturday from 9am to 12am

Competition office is open at Joensuu Areena lobby:

Saturday from 12am to 9pm

Participation must be confirmed 90 minutes before the start of the event. You will get your bib number from the competition office.

When you have received your bib number, you have confirmed your participation.

If you take part in several events, every event has their own separate bib numbers in their own envelopes.

Calling

Athletes will be gathered together before the competition under the main stand.

| Motonet GP | | Calling starts | Calling ends | To track | Event starts | Event |
|--------------|------------------|----------------|--------------|----------|--------------|------------|
| Event starts | Finnish | | | | | English |
| 17:05 | Tuolikeihäs | 16:20 | 16:40 | 16:45 | 17:05 | Wheelchair |
| 17:15 | M seiväs | 15:50 | 16:10 | 16:15 | 17:15 | M PV |
| 17:20 | 100m KELAUS | 16:30 | 16:50 | 16:55 | 17:20 | 100m WC |
| 17:30 | M/N kiekko | 16:45 | 17:05 | 17:10 | 17:30 | M/W DT |
| 17:30 | N 100m ae 1 | 16:45 | 17:05 | 17:10 | 17:30 | W 100mH1 |
| 17:35 | N 100m ae 2 | 16:50 | 17:10 | 17:15 | 17:35 | W 100mH2 |
| 17:40 | N 100m ae 3 | 16:55 | 17:15 | 17:20 | 17:40 | W 100mH3 |
| 17:50 | M 100m ae 1 | 17:05 | 17:25 | 17:30 | 17:50 | M 100mH1 |
| 17:55 | M 100m ae 2 | 17:10 | 17:30 | 17:35 | 17:55 | M 100mH2 |
| 18:00 | Opening ceremony | | | | 18:00 | OP Cerem |
| 18:10 | M 800m C | 17:25 | 17:45 | 17:50 | 18:10 | M 800mC |
| 18:15 | M 800m B | 17:30 | 17:50 | 17:55 | 18:15 | M 800mB |

| | | | | | | |
|-------|----------------|-------|-------|-------|-------|-----------|
| 18:30 | N 1500m B | 17:45 | 18:05 | 18:10 | 18:30 | W 1500mB |
| 18:35 | N kuula | 17:50 | 18:10 | 18:15 | 18:35 | W SP |
| 18:40 | N 1500m A | 17:55 | 18:15 | 18:20 | 18:40 | W 1500mA |
| 18:50 | N korkeus | 17:40 | 18:00 | 18:05 | 18:50 | W HJ |
| 19:00 | N 100m finaali | 18:15 | 18:35 | 18:40 | 19:00 | W 100m f |
| 19:10 | M 100m finaali | 18:25 | 18:45 | 18:50 | 19:10 | M 100m f |
| 19:30 | 400m KELAUS | 18:45 | 19:05 | 19:10 | 19:30 | 400m WC |
| 19:40 | M 400m B | 18:55 | 19:15 | 19:20 | 19:40 | M 400m B |
| 19:50 | N 400m B | 19:05 | 19:25 | 19:30 | 19:50 | W 400m B |
| 19:55 | M pituus | 19:10 | 19:30 | 19:35 | 19:55 | M LJ |
| 20:05 | M 800m | 19:20 | 19:40 | 19:45 | 20:05 | M 800m |
| 20:10 | M keihäs | 19:25 | 19:45 | 19:50 | 20:10 | M javelin |
| 20:25 | M 400m A | 19:40 | 20:00 | 20:05 | 20:25 | M 400mA |
| 20:35 | N 400m A | 19:50 | 20:10 | 20:15 | 20:35 | W 400mA |
| 20:50 | M 5000m A | 20:05 | 20:25 | 20:30 | 20:50 | M 5000mA |
| 21:20 | N 100m aidat | 20:35 | 20:55 | 21:00 | 21:20 | W 100m H |
| 21:35 | M 5000m B | 20:50 | 21:10 | 21:15 | 21:35 | M 5000mB |

Athletes are not allowed to go to the field by themselves.

During the competition, the use of electronic devices is forbidden and these devices must remain in the bag.

Doping control

Doping control is located Joensuu Areena.

Bar raises in high jump (W)

171-175-179-182-185-188-191 +2cm

Bar raises in pole vault (M)

487-507-522-537-547-552 + 5cm

Use of own throwing equipment

Possible personal throwing equipment (maximum of two (2) per athlete) must be delivered to the equipment inspection point at least 90 minutes before the start of the event. The equipment inspection point is located in the lower lobby of Joensuu Arena near the competition office.

The throwing equipment will be returned to the same location after the end of the competition. Equipment will not be handed over at the competition venue.

If an athlete brings throwing equipment for inspection less than 90 minutes before the start of the event, the organizer will no longer accept the equipment.

Storage of poles

The storage of poles is located under the main stand in the storage room at the end of the swimming hall.

Dressing rooms and showers

The athletes have access to the dressing rooms and showers at Joensuu Arena.

Athletes moving on the field

The competitors are guided from the assembly area to the competition venue. Their departure is also guided, and all athletes are led from the field through the mixed zone. The runners' equipment baskets are brought from the field to the mixed zone area for dressing purposes.

Introducing of athletes

Runners are introduced at the start line approximately 2.5 minutes before the start. For field events, the participants are gathered under the guidance of the event director in the vicinity of the event area in the order of their performance, approximately 3-5 minutes before the start of the event.

First Aid

The first aid services at track. There is a first aid team stationed at the field in a first aid tent located behind the 100-meter starting point. There are two (2) first aid patrols constantly moving around the field to provide assistance.

Protests

Any objections (protests) must be submitted within 30 minutes of the official results being posted on the official scoreboard. A written objection, along with the protest fee (€50), should be submitted to the competition office.

The prize money and travel expenses

The prize money will be paid after the competition by cash or by invoice, depending on manager's agreement. Cash payments: in hotel's competition office. Starting around 11pm.

Note! Athletes who fly out from Helsinki airport. Bus leaves from hotel 7.45am Sunday.

Contact information

The promotor of the competition, compensation for expenses/prize money:

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The head of the competition:

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Accommodation and transportation

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