



Athletes Information

Motonet GP 2026 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 during the competition. There are also good running routes near the Stadium.

There is a practice ring for discus throwers ca. 200m from the Stadium. There are signposts to the field.

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 by 12pm. Breakfast, lunch and dinner are served at the hotel's restaurant.

Meals' timetable:

Breakfast:

6.15am to 10am on weekdays

Lunch:

Tuesday from 12pm to 2pm

Wednesday from 12pm to 3pm

Dinner:

Tuesday from 6pm to 9pm

Wednesday from 8pm to 11pm

It is safe to drink tap water. 😊

Competition office

Competition office located in Sokos Hotel Kimmel is open:

Monday from 6pm to 8pm

Tuesday from 9am to 9pm

Wednesday from 9am to 12pm

Competition office is open at Joensuu Areena lobby:

Wednesday from 12pm 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 separate bib numbers in their own envelopes.

Calling

Motonet GP		Calling starts	Calling ends	To field	Event starts	
16:30	TUOLIKEIHÄS	15:40	16:00	16:05	16:30	Wheelchair JT
16:45	N KELAUS 100m	16:05	16:25	16:30	16:45	W KELAUS 100m
16:55	M KELAUS 100m	16:15	16:35	16:40	16:55	M KELAUS 100m
17:05	N 1500m B	16:25	16:45	16:50	17:05	W 1500m B
17:15	M 800m C	16:35	16:55	17:00	17:15	M 800m C
17:25	M 800m B	16:45	17:05	17:10	17:25	M 800m B
17:35	M 400m B	16:55	17:15	17:20	17:35	M 400m B
17:45	N 400m B	17:05	17:25	17:30	17:45	W 400m B
EI LAJEJ A						
18:00	KISOJEN AVAUS	Calling starts	Calling ends	To field	18:00	OPENING CEREMONY
18:10	N 400m A	17:25	17:45	17:50	18:10	W 400m A
18:15	N kiekko	17:25	17:45	17:50	18:15	W Discus
18:20	M 400m A	17:35	17:55	18:00	18:20	M 400m A
18:25	M Pituus	17:35	17:55	18:00	18:25	M Long jump

18:30	KELAUS 400m	17:50	18:10	18:15	18:30	KELAUS 400m
18:35	M korkeus	17:35	17:55	18:00	18:35	M High jump
18:45	M 100m AE	18:05	18:25	18:30	18:45	M 100m heats
19:00	N 100m AE	18:15	18:35	18:40	19:00	W 100m heats
19:10	N kuula	18:20	18:40	18:45	19:10	W Shot put
19:20	M 800m A	18:40	19:00	19:05	19:20	M 800m A
19:35	N 100m AJ AE	18:55	19:15	19:20	19:35	W 100m hurdles heats
19:50	N 3-LOIKKA	19:00	19:20	19:25	19:50	W 3-LOIKKA
19:55	M 100m FINAALI	19:15	19:35	19:40	19:55	M 100m Final
20:00	M keihäs	19:10	19:30	19:35	20:00	M Javelin
20:05	N 100m FINAALI	19:25	19:45	19:50	20:05	W 100m Final
20:20	N 1500m A	19:40	20:00	20:05	20:20	W 1500m A
20:40	M 3000m	20:00	20:20	20:25	20:40	M 3000m
21:00	N 100m AJ FINAALI	20:20	20:40	20:45	21:00	W 100m hurdles Final
21:10	Illan urheililijan palkitseminen				21:10	Illan urheililijan palkitseminen

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

Athletes are not allowed to go to the track 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 in Joensuu Areena.

Bar raises in high jump (M)

195-200-205-210-215-218-221-224+3cm

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.

Massage

In the hotel:

Tuesday from 9am to 5pm
Wednesday from 9am to 2pm
At the track:
Wednesday from 4pm to 9pm

Dressing rooms and showers

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. You can reach the doctor during the competition on +358 503251619.

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 invoice or cash, 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 8am Sunday.

Contact information

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

Tuomo Lehtinen, tuomo.lehtinen@katajayu.fi, p. +358 40 774 0403

The head of the competition:

Kimmo Hyppönen, kimmohypponen@hotmail.com, p. 050 325 2584

Accommodation and transportation

Lara Långström, lara.langstrom@gmail.com, p. +358 45 262 8393