

6TH INAS-FID  
INDOOR ATHLETICS  
WORLD CHAMPIONSHIPS

2010 BOLLNÄS  
SWEDEN

14-19 April 2010  
Bollnäs, Sweden



**Dates**

14-19 April 2010

**Location**

Bollnäs Sweden, Höghammarhallen

**Accommodation**

Scandic hotel Bollnäs: +46 278 74 41 00, [www.scandichotels.se](http://www.scandichotels.se)

**Meals**

Meals will be served at the hotel, beginning with dinner on Wednesday and ending with breakfast on Monday. All meals at the hotel.

**Important dates**

7 december 2009

1<sup>st</sup> Entry (Entry by numbers)

15 January 2010

Final Entry (Entry by names)

**INAS-FID World Indoor Championships Secretariat**

**Address:** SUH, Box 1002, SE-821 11 Bollnäs, Sweden  
Att. Mr Calle Lindberg

**E-mail:** [calle.lindberg@suh.se](mailto:calle.lindberg@suh.se)

**Website:** [www.suh.se](http://www.suh.se)

**Phone:** +46 70 994 43 15

**Fax:** +46 278 244 56

## **Provisional Program**

### ***Wednesday 14 April***

Arrival of delegations

### ***Thursday 15 April***

Training, technical meeting, accreditation

### ***Friday 16 April***

Opening ceremony, competition day

### ***Saturday – Sunday 17-18 April***

Competition days, closing ceremony Sunday

### ***Monday 19 April***

Departure of delegations

## **Entry fee**

20 % (110 €/person) of the entry fee shall be paid together with the 1st entry and the remaining amount together with the final entry.

## **The price per person for the whole stay including:**

- airport transfer from Arlanda International Airport to Bollnäs on Wednesday 14 April. Return on 19 April.
- accommodation (sharing in double rooms and in some cases triple rooms or single rooms)
- meals (from dinner Wednesday to breakfast Monday)
- local transports (hotel-competition/training venue)
- INAS-FID capitation fee

**is 550 € per person**

Cost for additional days: 120 € per day & person

## **Payment**

|                      |   |
|----------------------|---|
| Bank:                | Swedbank AB                             |
| Bank address:        | Långgatan 11, 821 43 Bollnäs, Sweden    |
| Account name:        | SVENSKT UTVECKLINGSCENTRUM<br>HANDIKAPP |
| Address:             | Box 1002, SE-821 11 Bollnäs, Sweden     |
| BIC:                 | SWEDSESS                                |
| Account number/IBAN: | SE45 8000 0810 3490 4678 8825           |
| Reference:           | INAS-FID Indoor WC Athletics 2010       |

## **Sports rules and regulation**

According to rules of IAAF – International Amateur Athletics Federation – and INAS FID.

## **Accreditation**

Eligibility of athletes: all participants should be eligible, registered within INAS-FID and should own INAS registration card. Accreditation cards will be issued to each athlete after she/he personally has shown her/his eligibility registration card to the INAS-FID officer.

## **Medical service**

Sports medical staff will be present during each day of the competition. As well as at day of the training.

## **Health care**

It is necessary for all participants to have contributory insurance cover.

## **Language**

Materials/information will be available in English.

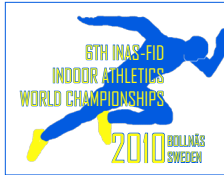
*More information will be available on the website:*

*[www.suh.se](http://www.suh.se)*

## Competition

### *Minimum standards*

| <b>Event</b>       | <b>Men</b>         | <b>Women</b>       |
|--------------------|--------------------|--------------------|
| 60m                | 7.90               | 9.90               |
| 200m               | 25.60              | 32.60              |
| 400m               | 61.40              | 75.70              |
| 800m               | 2:31.10            | 2:54.50            |
| 1.500m             | 4:48.07            | 6:00.00            |
| 3.000m             | 12:00.00           | 14:00.00           |
| 60m Hurdles (0.91) | open               | ----               |
| 60m Hurdles (0.84) | ----               | open               |
| 1.500m Walk Race   | ----               | open               |
| 3.000m Walk Race   | open               | ----               |
| High Jump          | 1,40m              | 1,15m              |
| Long Jump          | 4,96m              | 3,75m              |
| Triple Jump        | 10,11m             | open               |
| Shot Put           | 8,80m              | 6,60m              |
| 4 x 200m Relay     | 1 team per country | 1 team per country |
| 4 x 400m Relay     | 1 team per country | 1 team per country |
| Pentathlon         | Open               | Open               |



6<sup>th</sup> INAS Indoor Athletics World Championships, Bollnäs Sweden

# 1<sup>st</sup> Entry Form

|                        | Female | Male | Totally |
|------------------------|--------|------|---------|
| Number of team leaders |        |      |         |
| Number of athletes     |        |      |         |
| Totally                |        |      |         |

INAS-FID member nation: \_\_\_\_\_

Contact person: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

E-mail: \_\_\_\_\_

Phone/Cell phone: \_\_\_\_\_

### Observe!

20 % (110 €/person) of the entry fee shall be paid together with the 1<sup>st</sup> entry and the remaining amount together with the final entry.

The entry fee shall be paid to:

Bank: Swedbank AB

Bank address: Långgatan 11, 821 43 Bollnäs, Sweden

Account name: SVENSKT UTVECKLINGSCENTRUM HANDIKAPP

Address: Box 1002, SE-821 11 Bollnäs, Sweden

BIC: SWEDSESS

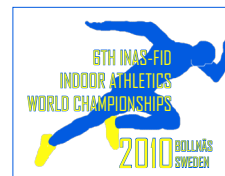
Account number - IBAN: SE45 8000 0810 3490 4678 8825

Reference: INAS-FID Indoor WC Athletics 2010

Please return this form to Mr Calle Lindberg

**before 7 December 2009**

Email: calle.lindberg@suh.se / Mobile: +46 70 994 43 15



# Final Entry

## Delegation Form

COUNTRY: \_\_\_\_\_

## Team Manager/Staff/Coaches

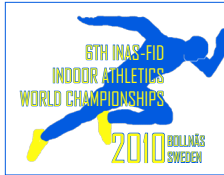
| Family Name | Given Name | Gender<br>F/M | Official Position |
|-------------|------------|---------------|-------------------|
|             |            |               |                   |
|             |            |               |                   |
|             |            |               |                   |
|             |            |               |                   |
|             |            |               |                   |

## Athletes

| Family Name | Given Name | Date of Birth<br>D/M/Y | Gender<br>F/M | INAS-FID<br>registration |
|-------------|------------|------------------------|---------------|--------------------------|
|             |            |                        |               |                          |
|             |            |                        |               |                          |
|             |            |                        |               |                          |
|             |            |                        |               |                          |
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|             |            |                        |               |                          |
|             |            |                        |               |                          |
|             |            |                        |               |                          |

Please return this form to Mr Calle Lindberg  
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6<sup>th</sup> INAS Indoor Athletics World Championships, Bollnäs Sweden

# Entry by Name Form – Athlete

**COUNTRY:** \_\_\_\_\_

Please attach  
passport size  
photograph

Please attach  
passport size  
photograph

**Family name:** \_\_\_\_\_

**Given Name:** \_\_\_\_\_

**Passport No:** \_\_\_\_\_

**Special Dietary Requirements (gluten, lactose, no pork etc.):** \_\_\_\_\_

| Event | Gender<br>F/M | Qualifying<br>Performance | Place & Date |
|-------|---------------|---------------------------|--------------|
|       |               |                           |              |
|       |               |                           |              |
|       |               |                           |              |
|       |               |                           |              |
|       |               |                           |              |

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6<sup>th</sup> INAS Indoor Athletics World Championships, Bollnäs Sweden

# Entry by Name Form – Official



COUNTRY: \_\_\_\_\_

Please attach  
passport size  
photograph

Please attach  
passport size  
photograph

Family name: \_\_\_\_\_

Given Name: \_\_\_\_\_

Passport No: \_\_\_\_\_

Special Dietary Requirements (gluten, lactose, no pork etc.): \_\_\_\_\_

## *Position*

Head of delegation

Team Official

Coach

Care Staff

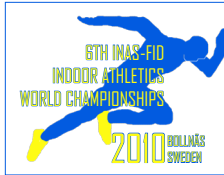
Doctor

Physiotherapist

|  |
|--|
|  |
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|  |
|  |
|  |

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6<sup>th</sup> INAS Indoor Athletics World Championships, Bollnäs Sweden

## Arrival / Departure

COUNTRY: \_\_\_\_\_

### Transport

#### *Arrival*

| Airline company | Date | Time | Flight No. | Arrival from |
|-----------------|------|------|------------|--------------|
|                 |      |      |            |              |

#### *Departure*

| Airline company | Date | Time | Flight No. |
|-----------------|------|------|------------|
|                 |      |      |            |

**Please note:** Transportation between Arlanda International Airport and accommodation venue in Bollnäs will be organized for all teams by busses on Wednesday 14 April and 19 April.

- Optional 1: We will arrive directly to Bollnäs and will not need a transfer from Arlanda airport.
- Optional 2: We would like to buy transfer from:

\_\_\_\_\_

### CEREMONY MATERIAL

#### **Please bring:**

- 3 National Flags
- 1 CD with National Anthem

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# Finance Form



ORGANISATION: \_\_\_\_\_

Country: \_\_\_\_\_ Country Code: \_\_\_\_\_

## Payment:

Bank: Swedbank AB

Bank address: Långgatan 11, 821 43 Bollnäs, Sweden

Account name: SVENSKT UTVECKLINGSCENTRUM HANDIKAPP

Address: Box 1002, SE-821 11 Bollnäs, Sweden

BIC: SWEDSESS

Account number - IBAN: SE45 8000 0810 3490 4678 8825

Reference: INAS-FID Indoor WC Athletics 2010

## Shared Accommodation: 550 Euro per person

#People \_\_\_\_\_ x 550 € = \_\_\_\_\_

TOTAL € \_\_\_\_\_

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