

**virtus**



**Open European Athletics  
Championships 2024**

UPPSALA • SWEDEN



11-16 June 2024

**INFO PACK**

## 1. Organisation

Swedish Athletics Federation, Upsala IF Friidrott, Upsala Kommun

## 2. Status

Event is sanctioned by:

VIRTUS – World Intellectual Impairment Sport

WPA – World Para Athletics

## 3. Dates

June 11-16, 2024

(Competition days: June 13-15)

## 4. Language

English is the official language of VIRTUS events. All the materials and information will be available in English.

## 5. Venue

Uppsala is one of Sweden's oldest cities. It was known as Östra Aros up until the 13th century, when the name Uppsala took over. Today, Uppsala is one of Sweden's four major cities with a population of 240 000 inhabitants.

Uppsala has a rich and inspiring range of cultural activities and exciting events together with whole of Sweden's history – all in one place. The tourist attractions are numerous and exciting and include something for everyone. In addition, there is beautiful nature, both in the centre of town and close by. For travellers Uppsala is only 30 minutes away from Stockholm and 17 minutes from Stockholm Arlanda Airport by train. In the city the distances are short, and you can easily walk or bike to any sight or attraction.

Uppsala is today a modern city yet retains a small-town feel. It's Sweden's fourth largest city and home to two universities, the archbishopric of the Church of Sweden, a rich cultural life and beautiful scenery. Uppsala is rich in history and science and the prestigious Uppsala university is older than universities in many other countries. At the same time, the modern city is vibrating with life and is well known for its progressive research, innovation and position as a leader in modern technology. Whether you want to eat a lot or a little, outdoors or inside, Uppsala has a wide selection of pubs, cafés and outdoor restaurants.

Don't forget to enjoy a Swedish fika, a Swedish social institution: a friendly, relaxing break with coffee and cake.

### **Quick facts**

Language: Swedish

Currency: Svensk Krona (SEK)

Time Zone: UTC +1





## 6. How to get here

As Stockholm Arlanda Airport is only 30 kilometres away, it's easy to get from the world to Uppsala and from Uppsala to the World.

### **Stockholm Arlanda Airport**

In the middle of Scandinavia is Stockholm Arlanda Airport. This is the largest airport in Sweden, and is important for Uppsala, Uppland and the nearby regions. The airport has Sweden's most extensive route network, with more than 181 different national and international destinations.

Its proximity to Stockholm Arlanda Airport makes Uppsala an easily accessible destination for travellers from all over the world.

### **LOC Transfer Services**

Transfers by bus will be included in the Team Package Fee and organized by LOC from Stockholm Arlanda Airport to Uppsala on arrival day, June 11th and from Uppsala to Stockholm Arlanda Airport on departure day, June 16th.

### **Travelling to Uppsala**

For teams that prefer to arrive or depart outside the days when LOC organizes bus transfer, it's easy and convenient to get to Uppsala, with excellent rail connections to the airport.

Uppsala can be reached by train in only 17 minutes from Stockholm Arlanda Airport. To and from the airport you can comfortably travel onwards to Uppsala by direct train departing from SkyCity, between terminals 4 and 5. Trains depart twice an hour during the day.

Once arrived in Uppsala, local bus route 3 (direction Nyby) will take you from the Central Station to Lagerlöfsgatan in less than 15 minutes.

## **7. Visa requirements**

The purpose of Swedish and EU visa policy is to have as free an exchange of visits as possible, within the framework of regulated immigration. The citizens of some countries need to have visas to visit Sweden.

[INFORMATION ON VISAS](#)

## **8. Accommodation and meals**

All participants, coaches and leaders will be accommodated in the 3-star hotel [Arenahotellet](#). Participants will be provided with accommodation and full board from Tuesday, June 11<sup>th</sup>, starting with lunch, until Sunday, June 16<sup>th</sup>, ending with breakfast. All meals will be served at Arenahotellet, including during the days of competition. The hotel is “**cashless**”, payment is only possible through card.

## **9. Event schedule**

June 11<sup>th</sup>: Team arrival, training, and possibility to see the track 4 PM – 6 PM.

June 12<sup>th</sup>: Training 10 AM – 4 PM, social program, technical meeting

June 13<sup>th</sup>: First day of competition

June 14<sup>th</sup>: Second day of competition

June 15<sup>th</sup>: Last day of competition

June 16<sup>th</sup>: Team departure

## **10. Sport rules and regulations**

According to the World Athletics and the VIRTUS rules.

It is an open European Championship, meaning countries from all over the world are invited to join.

WPA sanctioned.

## **11. Insurance**

Participating member organizations are responsible for their own insurance requirements for travel, accidents, liability, and medical matters.

## **12. Social program**

As part of the social program, there will be a guided tour of the Royal Mounds and the Old Uppsala Museum.

### **13. Eligibility/accreditation/medical provision/doping**

All athletes entering the event must appear as “*Active*” on the VIRTUS Master List (II1, II2 or II3) no later than at the final entry deadline.

Accreditation cards: will be issued to each athlete after she/he personally has proved her/his ID to a VIRTUS volunteer.

Medical support: the organizers will provide medical services and health care throughout the Championships (June 13<sup>th</sup> – 15<sup>th</sup>).

Doping control: Doping control will be ensured by “Antidoping Sverige” (Swedish anti-doping agency)

## 14. Qualification criteria

### MINIMUM QUALIFYING STANDARDS 3rd Virtus Open European Athletics Championships 2024 Uppsala

EVENT	II1		II2 – Additional Physical		II3 - HF Autism	
	Men	Women	Men	Women	Men	Women
100 m	12.00	14.50	Open	Open	Open	Open
200 m	24.30	31.50	Open	Open	Open	Open
400 m	55.00	74.00	Open	Open	Open	Open
800 m	2:10.00	2:45.00	Open	Open	Open	Open
1 500 m	4:15.00	5:40.00	Open	Open	Open	Open
3 000 m		13:30.00			Open	Open
5 000 m	17:00.00	22:30.00				
10 000 m	42:00.00					
100m Hurdles		21.50				
110m Hurdles	20.00					
400m Hurdles	74.00	89.00				
3k Steeplechase	12:30.00	14:40.00				
Race Walk 5000m	32:00.00	36:50.00	Open (1500m)	Open (1500m)		
Pole Vault	1.80m	1.60m				
High Jump	1.65m	1.25m				
Long Jump	5.80m	4.20m	Open	Open	Open	Open
Triple Jump	11.00m	8.00m				
Shot Put	10.50m (7.26kg)	8.80m (4kg)	Open (4kg)	Open (3kg)	Open (6kg)	Open (4kg)
Discus	25.00m (2kg)	16.00m (1kg)	Open (1kg)	Open (750g)	Open (1.5kg)	Open (1kg)
Javelin	35.00m (800g)	18.00m (600g)	Open (600g)	Open (400g)	Open (700g)	Open (600g)
Hammer	21.00m	22.00m				
4x100 m Relay	1 x country	1 x country	1 x country	1 x country		
4x400 m Relay	1 x country	1 x country				
Multi	Open	open	open	Open		

*Hurdle Heights: II1 100m H 0.84, 110m H 0.91, 400m H 0.84 (men), 0.76 (women).  
Steeple Heights: 2000m 0.762 (women), 3000m 0.914m (men).*

## 15. Entry deadlines

1. Intention of participation – before 15<sup>th</sup> of December 2023
2. 1<sup>st</sup> entry form (by number) - before the 16<sup>th</sup> of April
3. 2<sup>nd</sup> entry form (by names), arrival form and payment in full - before the 7<sup>th</sup> of May

## 16. Entry fee

The entry fee for all members of the delegation (athletes, coaches and staff members) is:

10 225 SEK - per person (single room)

8 225 SEK – per person (twin room)

6 725 SEK – per person (triplet room)

If needed there are a few **quadruple** and **accessible** rooms are available upon request.

Staying longer or shorter than the period 11<sup>th</sup> to 16<sup>th</sup> of June is possible but is managed upon request.

**The fee includes** full accommodation for 5 nights, all meals (from lunch on the 11<sup>th</sup> of June to breakfast on the 16<sup>th</sup> of June), transfer from and to Arlanda Airport, social activities, entry to the competition and the VIRTUS capititation tax (25€).

For extra nights of accommodation, please contact: [virtus@uiffriidrott.se](mailto:virtus@uiffriidrott.se)

## 17. Payment

First invoice is going to be sent the 7<sup>th</sup> of May, payment due by May 20<sup>th</sup>.

Final invoice and balance is going to be sent the 21<sup>st</sup> of May, payment due by June 4<sup>th</sup>.

## 18. Cancellation policy

	Before 7 <sup>th</sup> of May	Before 21 <sup>st</sup> of May	After 21 <sup>st</sup> of May
<b>50% deposit</b>	Free cancellation	25% of deposit refunded	0% of deposit refunded
<b>50% final payment /balance</b>		25% of final payment refunded	0% of final payment refunded

All other costs, for example flights, insurance etc. are entirely the responsibility of the organisation/team.



## 19. Questions and additional information

Uppsala IF Friidrott (Uppsala Athletics Club)  
IFU Arena  
Råbyvägen 77  
754 60, Uppsala  
Sweden

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