

Welcome to Gothenburg Athletics Grand Prix on July 30, 2022.

Please read the athletes information below.

Meeting Hotel	Spar Hotel Majorna, Karl Johansgatan 66, 414 55 Göteborg +46 317 510 700. www.sparhotel.se
Athletes contact	Theo Söderberg + 46 73 530 95 09, theo.soderberg@goteborgsvarvet.se
Athletes accreditation	Accreditation will be handed out when arriving to the hotel. Accreditation Card gives access to the warm-up facilities, competition arena and transportation service. Please always wear it visible.
Meals	Breakfast will be served between 07:00-12:00 all days. Lunch Friday & Saturday will be served at Majornas Krog, located next to the hotel between 13:00-14:30 Dinner Friday will be served at Majornas Krog, located next to the hotel between 18:00-20:00 Dinner Saturday will be served at Majornas Krog, located next to the hotel between 18:00-23:00 Meal coupons will be handed when arriving to the hotel.
Training +Transport	It is possible to use our indoor track Friidrottens Hus for training between 10:00-19:00 Monday to Friday and Saturday 10.00-14.00. Book your transportation in the Athletes office at the hotel.
Massage	Athletes staying at the hotel are welcome to use our massage service according to the following opening hours: Friday 29th 15:00-20:00 at the meeting hotel. Sign-ups are in the Athletes office at the hotel.
Checkout	The checkout time is at 12.00 noon on Sunday July 31.

Competition info

Height progressions	The height progressions for vertical jumps will be presented closer to competition day, www.goteborggp.se
Heats	In running events, the seeding is based on your season and/or personal best. Heats will be presented at our website www.goteborggp.se and in the app <i>Roster Athletics</i> . Any changes will be announced at competition day and will be available at the indoor track, Friidrottens Hus.
Number bibs	The bibs will be handed out at the indoor track, Friidrottens Hus, on the competition day from 16:00. You must wear your bib on the front and back (except for Pole Vaulters and High Jumpers who may wear the bib only on the front or back). It is forbidden to fold away the commercial logos at the bib. You must pick up your bib at latest 60 minutes before your event starts.
Warm-up	Warm up is possible outside in park areas, or at the indoor track, Friidrottens Hus, booth located next to the competition arena (Warm-up is not allowed at the competition arena before you have passed the Callroom).
Call room	The Call room procedures prior to each event are as follows: Field events: report to the Call room 45 minutes before, entrance infield 40 minutes before (Pole Vault 60min) Track events: report to the Call room 25 minutes before, entrance infield 15 minutes before The Call room is located at the indoor track, Friidrottens Hus.
Post competition procedure	The official in charge of each event will tell you when you may leave the arena. The winners in the main events will move on to the interview position immediately following the end of competition while others leave the arena through mixed zone. The winners of the running events will be taken care of by officials at the finish area.
Shower	Dressing rooms with showers are available at the competition arena Slotsskogsvallen.
Competition clothing	You must use your club vest or sponsors vest while competing.
Spikes	The maximum length of spikes is 7 mm for track events and 9 mm for field events.

Shoe rules	<ul style="list-style-type: none"> - In triple jump and running events of 800m or longer, the maximum height of the soles is 25 mm. - In any other event, the maximum height of the soles is 20 mm. Shoes may be examined in Calling.
Protests	Protests are done verbally to the official in charge of each event. The official's decision can be appealed against and if so, the protest is done in written form to the meeting office at latest 30 min after the official's decision. The protest fee is USD 100.
Results	www.goteborggp.se and the app <i>Roster Athletics</i> for live results. The app can be downloaded on App Store or Google Play for free.
Medical care	There will be doctors and nurses present for the entire competition.
Anti-Doping	Athletes must bring a valid photo identification such as Passport to the competition. If you should be chosen for doping test you must be able to identify yourself.

