

# Welcome to Oslo Bislett Games Wanda Diamond League Oslo 2024

Welcome to Oslo Bislett Games. The Bislett Alliance is delighted to welcome you to Oslo for the sixth meeting in this year's edition of the Wanda Diamond League.

We can assure you that our staff and volunteers will do their very best to make your stay as pleasant as possible.

We wish you a nice stay in Oslo. Have a great Thursday night and all the best to you!

Steinar Hoen  
Meeting Director

## Arrival

You will be met at Oslo Airport Gardermoen. You will receive a ticket to the airport express train that will take you to Oslo.

Exit at train station: Nationalteateret.

There you will be met by our staff on the platform and guided to the hotel.

If you have any questions while on your train journey, please call the Meeting Office: +47 47767544.

## Transport and accommodation

### Hotel

The Meeting Office at Thon Hotel Slottsparken can be found in meeting room *Wergeland* and will be operative from Monday morning 27<sup>th</sup> of May. From here we can assist you in any matter and will do our best to answer any questions you might have.

Phone Number to the Meeting Office: +47 47767544.

All extras, such as telephones, minibar, etc. must be paid at the reception on departure. Checkout it is at 12 am.

## Internet

The hotel offers free wireless internet.

Network: Thon Wifi

To access the wifi, please fill in phone number, choose access period, and accept terms and conditions.

## Meals

Served at Thon Hotel Slottsparken

Monday, 27 May	Lunch: 14:00-15:00 (at <a href="#">Thon Hotel Europa</a> ) Dinner: 18:00 – 20:00
Tuesday, 28 May	Lunch: 13:00-15:00 Dinner: 19:30-22:00
Wednesday, 29 May	Lunch: 13:00-15:00 Dinner: 19:30-22:00
Thursday, 30 May	Lunch: 13:00-15:00 Pre-competition meal: 15:30 – 17:30 (pick-up in the Meeting Office) Dinner: 22:00-01:30
Friday, 31 May	Lunch: 13:00-15:00

All breakfasts will be served in your respective hotel from 06:00 to 10:00.

## Accreditation

Please remember to take your accreditation card to the stadium on the day of competition. This card must be shown at the stadium entrance upon arrival.

Your accreditation gives you free public transport in zone 1 Monday 27<sup>th</sup> of May – Friday 31<sup>st</sup> of May. Go to [ruter.no/en/](http://ruter.no/en/) to plan your trip.

## Transportation

The Transport Service desk is located in the Meeting Office. If you require transport before 10:00 in the morning, please order this before 19:00 the day before.

On Thursday, 30<sup>th</sup> of May there will be transportation to Bislett Stadium from 17:00, see detailed information by the Meeting office. If you want to go to the stadium before these hours, please contact the Transportation Service desk.

Transport back to the hotel will be from the same place you were being dropped off at the stadium before the meeting.

Phone number: +47 91145571.

The Bislett Stadium is within walking distance from your hotel.

The following are some important addresses (with embedded google maps links):

- Athletes entrance at Bislett Stadium: [Sofies gate 38, 0168 Oslo](#)
- Thon Hotel Slottsparken: [Wergelandsveien 5, 0167 Oslo](#)
- Hotel Scandic Holberg: [Holbergs Plass 1, 0166 Oslo](#)
- Nasjonalteateret Station: [Ruseløkkveien 1, 0251 Oslo](#)

## Technical information

### Physiotherapists and doctor

Physiotherapists will be available in the meeting room *Amalie* at Thon Hotel Slottsparken during the following hours:

Tuesday, 28 <sup>th</sup> of May	13:00-21:00
Wednesday, 29 <sup>th</sup> of May	10:00-21:00
Thursday, 30 <sup>th</sup> of May	10:00-16:00 (Available at Bislett Stadium from 17:00)
Friday, 31 <sup>st</sup> of May	09:00-12:00

A doctor will be available on request from Monday. Please contact the Meeting office if you need to see a doctor.

### Training/workout

Tuesday 28 <sup>th</sup> of May	12:00 – 17:00, Sportsplassen, (Bækkelaget)*
Wednesday 29 <sup>th</sup> of May	13:00 - 16:00, Bislett Stadium, official training

\*On the scheduled training time, the track will be closed for other users of the training ground and there will be staff available to help you with what you need. You can train outside these hours, but the training ground will then be open for the public and without service staff available.

Please arrange transportation with the Transport Service when needed.

There is a gym at your disposal at Thon Hotel Slottsparken on the ground floor. Use your room key at the hotel gym or contact the Meeting Office for access.

### Personal identification

All athletes must bring **valid ID** to the stadium on the day of the competition; a copy of Passport is recommended. If you are called in for a doping test and cannot show valid ID, you will be accompanied back to the hotel to pick up a valid form of ID.

## Technical meeting

The technical meeting will be held at the meeting room *Stella* at Thon Hotel Slottsparken, Wednesday, 29<sup>th</sup> of May at 14:00.

## Warm-up

Warming up for all events takes place on the indoor warm-up track which runs under the stands, all around the stadium.

There are no warm-up facilities for technical event outside the stadium.

## Roll call

Roll call will take place in the Call Room adjacent to the warm-up track. All clothing, shoes, bibs, and advertising will be checked prior to the competition. Any other equipment that athletes want to bring into the arena will also be checked here. You will find the time for entrance to and exit from the Call Room in the right-hand column of the time schedule.

## Entrance to the field of play

The entrance to the field of play for all athletes is through the gate near the middle of the back straight. All athletes will be accompanied by stewards from the Call Room.

## Mobile Devices

It will be possible for all athletes in Field Event to bring a telephone in the Field of Play by declaring it to Call Room Officials or to Referee during warm-up. Phone must be on silent. No calls of any sort are allowed. Messaging and video viewing or receiving only.

## Time schedule

The time schedule is preliminary until otherwise stated. Ask the Meeting Office or technical personnel if you are in doubt.

## Name bibs

Name bibs will be handed out at the Technical Information Centre (TIC) at the stadium on Thursday, 30<sup>th</sup> of May. For all track events you will receive your front bib in the Call Room. There will be a transponder attached to your front bib. Name bibs must be worn as they are handed out. They must not be cut, folded, or altered in any way. Name bibs with transponders must be returned to the stewards in the Mixed Zone immediately after the competition is finished.

## Interruptions in technical events

Technical events will stop during start procedures of races 400 m or shorter.

Final 3 in Long Jump, Triple Jump and Discus will pause all other events for approximately 3 minutes and 30 seconds.

### **Start procedure**

In all races up to and including 400 m the following start command is announced: "ON YOUR MARKS". When everyone is settled in their final position: "SET" and then the gun when starting position is reached. In other running events the command is only "ON YOUR MARKS" followed by the gun.

### **Implements for throwing events**

Athlete's personal implements for all throwing events to be used in the competition must be handed in at the Technical Information Centre (TIC) at the stadium at least one hour before the relevant event starts.

### **Clothes**

For all running events you will change into your race gear in the Call Room before entering the track.

All clothes will be returned to you on the opposite side of TIC under the stands by the home straight.

### **Completed events**

We ask competitors to promptly leave the Field of Play after their event is completed. All athletes must leave the track through the Mixed Zone through the gate just beyond the finish line. The winner must remain behind for the awards ceremony shortly after the event. An official from the Meeting Organisation will take the winner to the presentation area.

### **Records**

We remind all athletes that in case of, world or continental records, an anti-doping control is mandatory to officially record their performance. Contact TIC if you are not approached by a control officer.

In case of national records, please contact TIC if you want to request a doping control.

## Departure

Please inform the Meeting Office about your date of departure and flight time.

### Transport to airport

Transportation to the airport will be by Flytoget (airport express train). The train leaves from Nationalteateret station. Please pick up your train ticket from the *hotel reception desk* when you check out.

Departure times from Nationalteateret station, platform **3 and 4**:

Nationalteateret station  
First departure 04:34am  
Last departure 23:54pm

You can find the departure times here: <https://flytoget.no/en/>

Estimated travel time is 29 minutes.

For further assistance, please go to the Meeting Office.

### High Speed train to Stockholm

The WDL train to Stockholm will depart from Oslo S Friday 31<sup>st</sup> of May. The bus to Oslo S train station depart from Thon Hotel Slottsparken at 10:45. Please collect the train ticket to Stockholm in the Meeting Office from Thursday 30<sup>th</sup> May.

You will receive a packed lunch to bring. This can be picked up at Meeting Office from 10:00.

The train to Stockholm departs at 11:46. The trip takes 5 hours and 21 minutes.

The Athletes Liasson from Bauhausgalan, Ulf Saletti will be on the train to Stockholm. If you have any questions regarding the trip to Stockholm, please contact Ulf by phone +46 703404804.

## Environmental policy – Athletics for a Better World

Oslo Bislett Games is a zero-emission event. All transportation to and from training, and the stadium will be by electric cars and busses. We urge you to fill up your water bottle with tap water. The tap water in Oslo is of excellent quality and safe to drink. Our goal is to organise the most sustainable international athletics meeting in the world.

Read all about what we do here:

<https://oslo.diamondleague.com/info/miljoepolitikk/>

## Anti – Discrimination

Oslo Bislett Games aims to be the world's most sustainable athletics event. It also wants to expose the City of Oslo's work for a more sustainable society.

With this commitment, creating a safe event which is socially inclusive, regardless of geographic background, ethnicity, religion, disability, age or gender is crucial. A respectful approach to all stakeholders is central. The event strives to eliminate all kinds of discrimination.

Fairness, equality and sportsmanship are the core values of athletics. Oslo Bislett Games wishes to promote diversity and to ensure that all athletes, staff, spectators, volunteers and other key stakeholders are treated with respect, fairness and equality.

Read more about our policies and procedures here:

<https://oslo.diamondleague.com/info/anti-diskriminering/>

## Reporting

Do you wish to report an incident?

Please send an e-mail describing what happened to: [varsling@bislettgames.no](mailto:varsling@bislettgames.no)

You can submit an anonymous report via Wada - Speak Up <https://speakup.wada-ama.org/Issues/>

WADA's Confidential Information Unit (CIU) is responsible for managing the Speak Up Program, WADA's secure platform for collecting allegations from anyone who observes anti-doping misconduct.

The CIU's number one priority is to protect the identity of confidential sources (informants and whistleblowers) who come forward with information. As such, the CIU is staffed by Confidential Information Managers (CIMs) – dedicated professionals with extensive experience in the field of confidential information and source handling.

You can also use the reporting mechanisms on Athletics Integrity Units website:

<https://www.athleticsintegrity.org/make-a-report>

The Athletics Integrity Unit (AIU) is committed to guarding against any form of integrity breaches in athletics, such as doping, betting, bribery and corruption, age manipulation, manipulation of competition results, and harassment, including sexual harassment.

## **World Athletics Safeguarding Essentials training course**

World Athletics has produced a safeguarding training course for everyone involved in athletics. It is a basic awareness training course explaining why safeguarding is everyone's responsibility. The 90-minute course (certificated) – which is open to all and free to anyone via the World Athletics e-learning platform – explains what safeguarding is and why it is important, as well as how to respond to safeguarding concerns. It is designed for anyone involved in athletics, from elite level international athletes, Member Federation officials and volunteers to grassroots club members, administrators and coaches.

Safeguarding is important for everyone to understand as everyone is responsible for creating safe, happy and positive environments in which everyone can thrive and achieve their full sporting potential. Everyone needs to understand their responsibilities and only then might it be possible to create a culture in which abuse, harassment and exploitation are not tolerated.

By taking the course we hope that more people will be aware of the importance of safeguarding and will be able to identify risks and therefore take action to reduce them, making athletics activity possible in safe, happy and supportive environments. This will help to grow and develop athletics as a sport around the world.

Register or log in now via <https://elearning.worldathletics.org/access/login> and be part of the safeguarding movement in athletics. Together, let's create a safe, happy and positive environment for everyone in our sport.