

Welcome to Oslo Bislett Games Wanda Diamond League Oslo 2026

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 Wednesday night and all the best to you!

Steinar Hoen
Meeting Director

Transport and accommodation

General information

The Meeting Office in the Thon Hotel Opera will be operative from Monday morning June 8th. You find us in the meeting room Figaro on the second floor. We are there to help you and will do our best to answer any questions you might have.

Phone Number to the Meeting Office: +47 47767544

Hotel

You will stay at the Thon Hotel Opera situated in the centre of Oslo. If for some reason you need to change rooms, please go back to the Meeting Office, NOT to the hotel reception. All

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 is personal and must be brought with you to have access to meals at the hotel.

Sickerbibs – hand out at the hotel

For all events there will be one Stickerbib used as front bib. The Sticker bibs will be handed out at room *Figaro* at the Thon Hotel Opera. Please bring your competition singlet.

There will be a transponder handed out in Call Room to be put in the pocket of your Sticker bib.

Tuesday, June 9th, morning – please bring your Top to have the Stickerbib added:

Event	Pick up Time	Event	Pick up Time
Pole Vault Men	10:00 – 11:30	Shot Put Women	10:00 – 11:30
800m Men	10:00 – 11:30	3000m Women	10:00 – 11:30
200m Men	10:00 – 11:30	400m Women	10:00 – 11:30
Triple Jump Men	11:30 – 13:00	Triple Jump Women	11:30 – 13:00
5000m Men	11:30 – 13:00	Javelin Throw Women	11:30 – 13:00
Dream Mile Men	13:00 – 14:00	100m Women	13:00 – 14:00
400m Hurdles Men	13:00 – 14:00	400m Hurdles Women	13:00 – 14:00

Additional - Drop-in:

Tuesday, June 9th, evening – please bring your Top to have the Sticker bib added: We strongly recommend making use of the morning time slots, as waiting times may occur in the evening due to increased demand.

Event	Pick up Time
All Events	18:00 - 21:00

Transportation

Your accreditation gives access to public transportation in Zone 1 Sunday 8th – Thursday 11th. You can plan your trip here: [Ruter | Home](#)

Phone number to our transportation desk: +47 911 45 571

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

On Wednesday June 10th there will be transportation to Bislett Stadium from 17:10, 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 door you entered the stadium before the meeting.

Athletes entrance at Bislett Stadium: Sofies gate 38, 0168 Oslo

Technical information

Physiotherapists and doctor

Physiotherapists will be available at the meeting room **Lillekvinten** at the hotel during the following hours:

Monday, June 8th : 13:00-21:00

Tuesday, June 9th: 10:00-21:00

Wednesday, June 10th

- Thon Hotel Opera 10:00-16:00 and 22:00 – 24:00.
- Available at Bislett Stadium from 17:00.

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

[World Athletics Health & Science department provide guidance on how to improve welfare for athletes. Visit here.](#)

Training/workout

Sportsplassen, (Bækkelaget): Monday June 8th: 12:00 – 16:00*

Bislett Stadium, official training: Tuesday June 9th: 15:00 - 17:00.

**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 times, 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.

The hotel gym is on the 4th floor. Use your room key for access.

The gym at SATS Bjørvika is also available. Show your accreditation for access. Address: Dronning Eufemias gate 18, 0191 Oslo.

Personal identification

All athletes must bring **valid ID** in the stadium on the day of the competition; a copy of Passport is best. 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 **Tryllefløyten** at Thon Hotel Opera, Tuesday, June 9th at 16:00

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

Upon arrival at the stadium, please go to the TIC for roll call and bib check.

Call Room

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 take 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.

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 hotel the day before by people from StickerBIB. They will help you attach the bib to your race uniform. There will be a transponder attached to your front bib in the Call Room.

Name bibs must be worn as they are handed out. They must not be cut, folded or altered in any way. Transponders must be returned to the stewards standing after 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.

Final3 in Triple Jump and Javelin 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 inner field 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

Transport to airport

Transportation to the airport will be by Flytoget (airport express train).

Please pick up your train ticket from the hotel reception desk when you check out.

Departure times from Oslo S (Central station) platform **13 and 14** and will be as follows:

Oslo Central station

First dep: 0440

Minutes past every hour

00

20

40

Last departure 0000

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

From 06:00 the train leaves every 10 minutes, estimated travel time is 22 minutes.

For large luggage items, there will be trolleys are placed outside the main entrance of the hotel. For further assistance, please go to the Meeting Office.

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/en/sustainability/purpose-and-values-of-the-bislett-games/>

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/en/about/anti-discrimination-policy-oslo-bislett-games/>

Reporting

Do you wish to report an incident?

Please send an e-mail describing what happened to: varsling@bislettgames.no

You can submit an anonymous report via Wada - Speak Up:

<https://speakup.wada-ama.org/>

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.