



Clean Air Games 2019 Athletes Information

Welcome to Lambertseter!

CALLROOM/ START NUMBER / CONTROL OF THROW EQUIPMENT

Entrance to the callroom are located outside the 200m turn, inside the tent. You will receive your start-number in the call room. Participants who wants to use their own equipment must bring this to the call room within 15 minutes before entering the track.

CHANGING ROOMS

There will be changing rooms ("garderober") in the sportshall close to the track.

WARM-UP AREA

The outdoor area around the sports hall ("Oppvarming").

PHYSIOTHERAPY

There will be physiotherapists present on the course, located in the CAC HQ. Monday 03.06 in the afternoon and Tuesday 04.06 during the day and evening. Please book with Kolbjørn Engebretsen, +47 905 97 313, engfys@online.no

COMPETITION

The competition is conducted as a European Classics competition, under the surveillance of the EAA technical delegate, Mr. Eero Kulmala.

Triathlon is collecting points from 3 events, 110h, LJ (4 first jumps), SP (4 first throws), integrated in the individual events. The triathletes are also counting in the individual competitions.

2x4x100m, means that the winner is the team with the best combined time from the two completed races. The coach for the relay teams must sign up for the team and deliver team-setup no later than 1 hour before the start in the house by the finish-line. The teams must be confirmed 1 hour before each start.

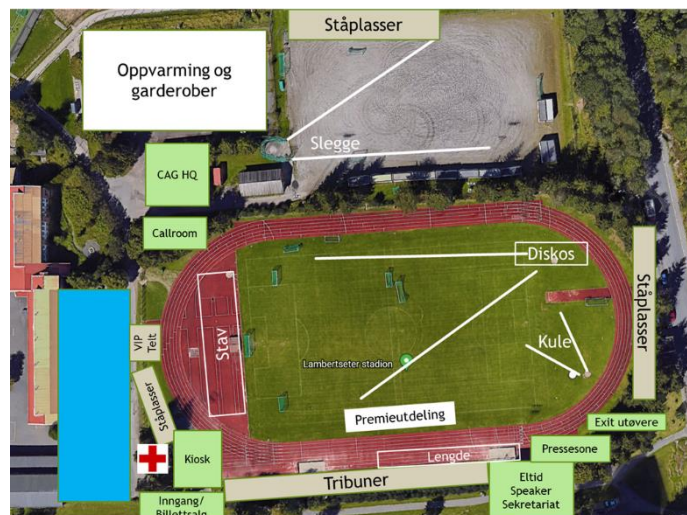
Pole Vault Jumping Heights :

Men: 4.80, 5,00, 5,20, 5.35, 5.50, 5.61, 5.71

Women: 3.80, 3.95, 4.05, 4.15, 4.25, 4.35, 4.45, 4.51, 4.56, +5

CALL ROOM, PRESENTATION, PRIZE CEREMONY

All participants must attend track-entry, presentation and prize ceremony. The times for this are shown in the timetable.



Clean Air Games

Lambertsteter Stadium Oslo, June 4th 2019



Time	Event	Gender	Prize Money	Callrom	Presentation	Prize Seremoni
1730	Pole vault	men	PMB	1700	1727	1845
1750	Tigra presentation, Mascot Oslo Green Capital 2019					
1800	Opening	Governing Mayor of Oslo, Raymond Johansen				
1806	Triathlon men (110m hurdels, Long Jump, Shot Put)		PMB	1736	1803	2005
1806	110m hurdels	men	+Triathlon event 1 PMB	1736		1819
1811	Discus	men+women	PMB+No	1740	1808	1923
1815	100mhurdles	women	PMB	1745		1821
1830	4x100m relay	men	PMA for x2	1800		Se under
1837	Long jump	men	+Triathlon event 2 (4Js) PMB	1807	1834	1932
1840	4x100m relay	women	PMA for x2	1810		Se under
1850	400m hurdles	women	PMB	1820		1903
1856	Pole vault	women	PMB	1811	1853	1957
1900	400m hurdles	men	PMB	1830		1913
1910	300m	men	PMB	1840		1925
1920	200m	women	PMB	1850		1927
1926	Shot put	men	+Triathlon event 3 (4Ts) PMB	1856	1923	2003
1930	800m	men	PMB	1900		1948
1935	800m	women	PMB	1905		1950
1940	4x100m relay (x2)	men	PMA for 2x	1910		1953
1945	4x100m relay (x2)	women	PMA for 2x	1915		1955
2000	Hammer	men+women	PMB+No	1930	1957	"2045"

After Shrimps at Vegard's house

Participants who will be occupied with other events must report to the officials. Only athletes have access to the track.

RESULTS AND STREAMING

Results will be published on the website <https://www.cleanairgames.no>, and results will be posted on the bulletin board at the speaker house. Clean Air Games will also be transferred on live-stream [here](#):

See more info on the [website](#) and [facebook](#).

TRANSPORT & ACCOMODATION

Most athletes coming by plane arrive at Oslo Airport Gardermoen (OSL). We have free ticket with [Flytoget](#). You will receive your personal ticket and information about travel from us directly. If you have questions about local transport, please contact Lars Gunnar Lundestad, +47 407 21 019, larsgunnar.lundestad@gmail.com.

Since the start in 1888 the Clean Air Games has had a friendship profile, and athletes has been invited as guests in the homes of families in the organizing club Lambertseter IF. This is also the case this year. And the person doing the fantastic coordination of this is Stein Wesenberg, +47 480 50 552, stein@triconsulting.no.



All athletes and coaches are invited to the following events



**BBQ Party at [Ostmarkseteren](#)
Monday June 3rd at 17.30-20.00.** We would like to invite you to a friendly gathering together with the Sustainability Seminar participants at this fantastic place in the forest. This is a gathering where the environment meets. The Sustainability Seminar on June 3rd at 14.00-17.15 can be watched on live stream [here](#).

**Shrimp-party at
Event Director
Vegard Rooth's
place,
[Rosendalsveien 27](#),
Tuesday June 4th
after the meet.** This is not far from the stadium.



Best regards and good luck!

The Organising Committee

Photos: Mark Cabot

