

## **Nordic OCR Championships, 400m and Standard Course**

Torshälla, Sweden, Standard Course 12k Saturday July and 400m Sunday 5 July.

Eskilstuna Friidrott and Swedish Athletics are delighted to welcome OCR athletes from Denmark, Finland, Norway, Iceland and Sweden to the Nordic OCR Championships.

The Nordic Championships are a part of Tors Trophy that have status of the OCR World Cup.

To be eligible to compete in the Nordic Championships, the athlete needs to represent their National Federation or a club that is a member of the National Federation. Athletes are supposed to wear their club or National Federation uniform during the race.

The OCR Standard Course Nordic Championships are divided into these categories:

<b>Elite</b> Men & women	<b>Age groups</b> Seniors, men & women
<b>Age groups</b> Youth, boys & girls* <ul style="list-style-type: none"><li>• 12-13</li><li>• 14-15</li></ul>	<ul style="list-style-type: none"><li>• 20-24</li><li>• 25-29</li><li>• 30-34</li><li>• 35-39</li></ul>
<b>*6k</b> Juniors, boys & girls <ul style="list-style-type: none"><li>• 16-19</li></ul>	Masters, men & women <ul style="list-style-type: none"><li>• 40-44</li><li>• 45-49</li><li>• etc.</li></ul>

### **Sprint 400m Format:**

- In categories with 4 or fewer entries, the competition will consist of one race (final) only.
- In categories with more than 4 entries, an initial Qualification Round with up to 4 athletes per start wave will be held. **The placings in the Nordic Championships will be determined by the results in the qualifying round. The knock-out stages (semifinals and finals) will determine the Tors Trophy/OCR World Cup results.**
- In categories with 5-12 entries, the four fastest athletes in the qualifying round will advance to the final.
- In categories with more than 12 entries, the eight fastest athletes in the qualifying round will advance to two semifinals. One of the semifinals will consist of the athletes with the 1<sup>st</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 8<sup>th</sup> best results from the qualifying round and the other semifinal will feature the 2<sup>nd</sup>, 3<sup>rd</sup>, 6<sup>th</sup> and 7<sup>th</sup> fastest athletes from the qualifying round. From each of the semifinals, the two fastest athletes will advance to the final.

### **Nordic Championship categories:**

- Youth 14-16, Juniors 17-19, Seniors, Masters 40+, Masters 50+.