

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:

Elite Men & women Age groups Youth, boys & girls* <ul style="list-style-type: none">• 12-13• 14-15 *6k Juniors, boys & girls <ul style="list-style-type: none">• 16-19	Age groups Seniors, men & women <ul style="list-style-type: none">• 20-24• 25-29• 30-34• 35-39 Masters, men & women <ul style="list-style-type: none">• 40-44• 45-49• etc.
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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 1st, 4th, 5th and 8th best results from the qualifying round and the other semifinal will feature the 2nd, 3rd, 6th and 7th 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+.