



Nordic U20 Match and Championships in Athletics

Uppsala Sweden
26-27 July 2025

Invitation for U20 Match and Championships 26-27 July 2025

Welcome to Uppsala!

With a population of about 200 000, Uppsala is the fourth largest city in Sweden. Today, a modern university city with more than 40 000 students and the home of the largest church in the Nordic countries, the Uppsala Cathedral.

The local organizer, Upsala IF Friidrott (www.uiffriidrott.se), is an athletics club with about 1100 members, with several athletes competing on national and international level, including the world record holder and Olympic champion in pole vault Armand Duplantis.

We wish you a warm welcome to the U20 Match and Championships between Denmark/Iceland, Finland, Norway, and Sweden at Uppsala Friidrottsarena. One of the first competitions after the inauguration of the arena was the Nordic Match in Combined events in June 2019.

Travelling to Uppsala

Uppsala is located about 30 minutes by car from Stockholm Arlanda airport, which has many flight connections to all Nordic capital cities.

The competition arena is located at Råbyvägen 77, Uppsala: 59° 88' 23,6" N (=59,882366 N), 17° 65' 74,4" E (=17,65744 E).

Accommodation and meals

Several hotels will be used for the teams. Breakfast will be served at the hotel. Lunch and dinner will be served at the IFU Arena restaurant, located about 100 meters from the competition arena. Lunch and dinner consists of a one dish and a vegetarian complement, including a salad buffet. Please inform the organizers if you have any special dietary requirements.

Transportation

Before and after the match, there will be a scheduled bus transportation from and to Arlanda airport - on Sunday, directly from the competition arena.

Bus transportation will also be provided from and to the respective hotels.

Competition timetable

- Saturday 26 July: Start at 13:30
- Sunday 27 July: End at 14:00

Timetable for the different events is attached.

Costs

2 800 SEK per team member, which includes:

- Two nights in double room with twin beds (single room will add 1400 SEK)
- 2 x Dinner — Friday, Saturday
- 2 x Breakfast — Saturday, Sunday
- 2 x Lunch — Saturday, Sunday
- Transportation to and from Arlanda airport
- Transportation between the hotel and the competition arena

Web page for future information: [LINK](#)

➤ **Preliminary entries** - deadline 30 April

Send the following information to

linus@uiffriidrott.se:

- Flight arrival and departure times
- Estimated number of twin and single rooms

➤ **Final entries** - deadline 15 July

- Room lists including names of all athletes and team officials
- Individual entries to the competition



SVENSK FRIIDROTT



UPSALA IF
friidrott



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Timetable for U20 Match and Championships 26-27 July 2025

Saturday 26 July

13:30	M Hammer Throw
13:35	M Pole Vault
13:40	M 110m Hurdles
14:00	W 100m Hurdles
14:15	W Long Jump
14:20	Mix 5000m Race Walk
14:50	M Shot Put
15:10	M 3000m Steeplechase
15:15	W Discus Throw
15:30	W 3000m Steeplechase
15:55	W 100m
16:05	M 100m
16:10	W High Jump
16:20	M Long Jump
16:25	W 400m
16:35	M 400m
16:45	W Javelin Throw
16:50	W 1500m
17:05	M 1500m
17:25	W 4x100m
17:40	M 4x100m

Sunday 27 July

10:00	M Javelin
10:15	W 100m <i>extra</i>
10:25	M 100m <i>extra</i>
10:30	M Triple Jump
10:40	W 400m Hurdles
10:55	M 400m Hurdles
11:15	W Shot Put
11:30	M Discus Throw
11:35	M 800m
11:45	W 800m
11:50	W Pole Vault
12:10	W 3000m
12:25	W Triple Jump
12:30	M 200m
12:35	M High Jump
12:40	W 200m
12:55	W Hammer Throw
13:05	M 5000m
13:40	W 4x400m
13:50	M 4x400m

