

Swedish Championships in combined events 2026

Örebro February 7th-8th

PM

KFUM Örebro Athletics warmly welcomes athletes, officials, and spectators to the Swedish Championships for seniors, juniors, and youth in combined events. For a fun, pleasant, and high-quality competition, the organizer encourages both participants and officials to be well informed about the following information:

GENERAL INFORMATION

Competition Times

Saturday, February 7th, 11:00–approx. 19:15,

Sunday, February 8th, 10:00–approx. 17:45

For more specific start times, please take a look at the time schedule at the end of this document.

The venue

Name: Tybblelundshallen, Adress: Tybblelundsvägen 3, Örebro

GPS coordinates: 59.25664, 15.26031 Follow the signs towards the University. At the university, there will be signs directing you to the venue.

Parking/Bus

Parking directly in front of Tybblelundshallen is reserved for officials and buses dropping off athletes, as well as those transporting poles.

Paid parking is available at the nearby school and on a gravel parking lot between Tybblelundshallen and the University. See the areas marked in red on the image below for possible parking:



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If arriving by train or bus to Örebro Travel Centre, take bus line 6 towards the University, which stops outside the venue (Tybblelundsvägen). See the area marked in blue on the image.

Opening Hours and hand-in for poles

The hall is open for training (applies to all competitors) on Friday between 08:00–16:00 (AM 08:00-PM 04:00), and between 18:00–20:00 (PM 06:00-08:00). Poles may be handed in throughout Friday between 08:00–20:00 or from AM 08:00 on competition days at a special pole entrance along the long side of the venue; see the map of the venue at the end.

Entrance

No entrance fee will be charged during the competition days.

Changing Rooms / Toilets

The venue has two changing rooms with showers and toilets for women and two for men. These are located along the corridor to the right when entering the venue. Along the corridor there are also five toilets, one of which is accessible for wheelchairs. An additional toilet is located inside the competition hall in the call room area and is for competitors only.

Stands

Seating is available on the far long side of the venue, with free seating. To ensure that as many people as possible can be seated, bags are not permitted in the stands. Bags and clothing should be placed below the stands. KFUM Örebro Athletics is not responsible for lost items.



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Club Tents

There is space for smaller club tents on an area at the far end of the 130 m track behind the stands. The purpose of the tents shall be massage treatments or similar activities. See the map of the venue provided at the end.

Infield

Only officials and athletes currently competing in an event are allowed on the infield. Coaches shall remain in the designated areas during the competition.

Food

All pre-ordered meals will be served in Tybblelundshallen. Meal vouchers are collected by club representatives at the information desk. The last day for ordering is February 1st using the contact details at the end of this PM.

Price: SEK 120 per person, payment is made while getting the vouchers.

Menu:

Saturday: Minced meat sauce with pasta. Salad buffet, bread and butter is included.

Sunday: Chicken stew with rice. Salad buffet, bread and butter is included.

Kiosk

For those who have not pre-ordered lunch packages, there will also be a kiosk. The kiosk sells, among other things, hamburgers, hot dogs, coffee, soft drinks, pastries, fruits and sweets. The kiosk is located at the hall reception. We accept both card and cash payments.

COMPETITION REGULATIONS

Late Entry

Late entry is possible up to two hours before the first event start at an increased fee of SEK 800 per start. Until Friday, February 6th at 24:00, late entries are made via [Webathletics](#); thereafter only on site at the Competition Secretary from Saturday morning.

Bibs

Collected at the information desk. The information desk is located directly to the left when entering the competition hall. The bib must be worn visibly on the chest; in the pole vault, they may also be worn visibly on the back. Advertising may not be folded in.



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Final Confirmation

Conducted digitally via [Webathletics](#) no later than 120 minutes before the start of the competitor's first event.

Warm-Up

Takes place on the 130 m straight behind the stands or outdoors.

Rules

A uniform conforming with the rules, from the athlete's club or country must be worn. Music may only be listened to via headphones on the infield, and mobile phones on the infield must be in airplane mode and may therefore not be used as a means for communication. The length of the spikes must not exceed 7 mm, except for high jump where 9 mm is allowed. Only shoes listed on the World Athletics list of approved shoe models <https://certcheck.worldathletics.org/FullList> may be used in the competition. If insoles are used, the total thickness of the sole must not exceed 20 mm.

Call room

Takes place 25 minutes before the first event start on each competition day. Inspection of competition uniform, bib number, shoes, advertising, etc. is carried out at the call room. For remaining events, you must be present no later than 15 minutes before the event start. If you wish to withdraw from the competition, you must inform the chief judge of the combined events.

Protest/Appeal

Must first be made to the referee responsible for the event and may be submitted by the athlete or someone acting on their behalf as a representative. A written appeal must be submitted by a club official to the information desk no later than 30 minutes after the event results have been announced. A deposit of SEK 500 (cash) is required for a written appeal and will be refunded if the decision is changed.

Results

Live results will be available online via [Webathletics](#). After the event you can see the complete results at the same website. They will also be posted on the wall near the entrance to the competition hall.

Prize Ceremony

Held as soon as possible after the competition has concluded. Championship medals are awarded to the top three eligible athletes in each class.



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Medical Services

Medical personnel will be present on site during both days.

Doping Controls

Swedish Athletics actively works for a doping-free sport, and doping controls may therefore occur at all Swedish Championship events. If anyone selected for doping control is under 18 years of age, an adult trusted person must be present throughout the entire doping control process.

EVENT-SPECIFIC REGULATIONS

Track Events

Any heat allocation is conducted according to current combined events rules. In heat allocation, the senior classes also include athletes born in 2004 and later (i.e., athletes competing “double” in both the senior class and one of the age classes K22 or F19).

Runners from abroad may be allowed to compete in their own heats or separately in the same heat so as not to interfere with the outcome of the Swedish Championship competition.

Jumping events – General Regulations

Personal tape or organizer-provided markings are permitted as run-up markers. Paint or chalk is prohibited.

Vertical Jumps

These heights apply to all competition classes:

High jump: Passing through 167 with 3 cm between heights.

Pole vault: Passing through 365 with 10 cm between heights.

Pool divisions in highjump and pole vault will be seeded by level in those classes that have pool divisions according to time schedules.



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Shot Put

The surface is gravel, and the competition is conducted using metal shots. The organizer provides shots with the following diameter measurements:

3,0 kg: 93, 94

4,0 kg: 95, 101, 102, 103, 106

5,0 kg: 100, 101, 115

6,0 kg: 105, 106, 119

7,26 kg: 111, 115, 116, 117

If personal implements are used, they must be submitted for inspection no later than two hours before the start of the event. Notify the information desk to contact technical management. Inspected and approved implements may be used by all participants in the event and can be collected after the competition has ended.

A very warm welcome to Örebro, The Organizers

Contacts:

KFUM Örebro Friidrott

Tybblelundsvägen 3

70286 Örebro

Telefon: 019-10 26 36

E-post: info@kfumorebrofriidrott.se



Competition director:

Jonathan Waern



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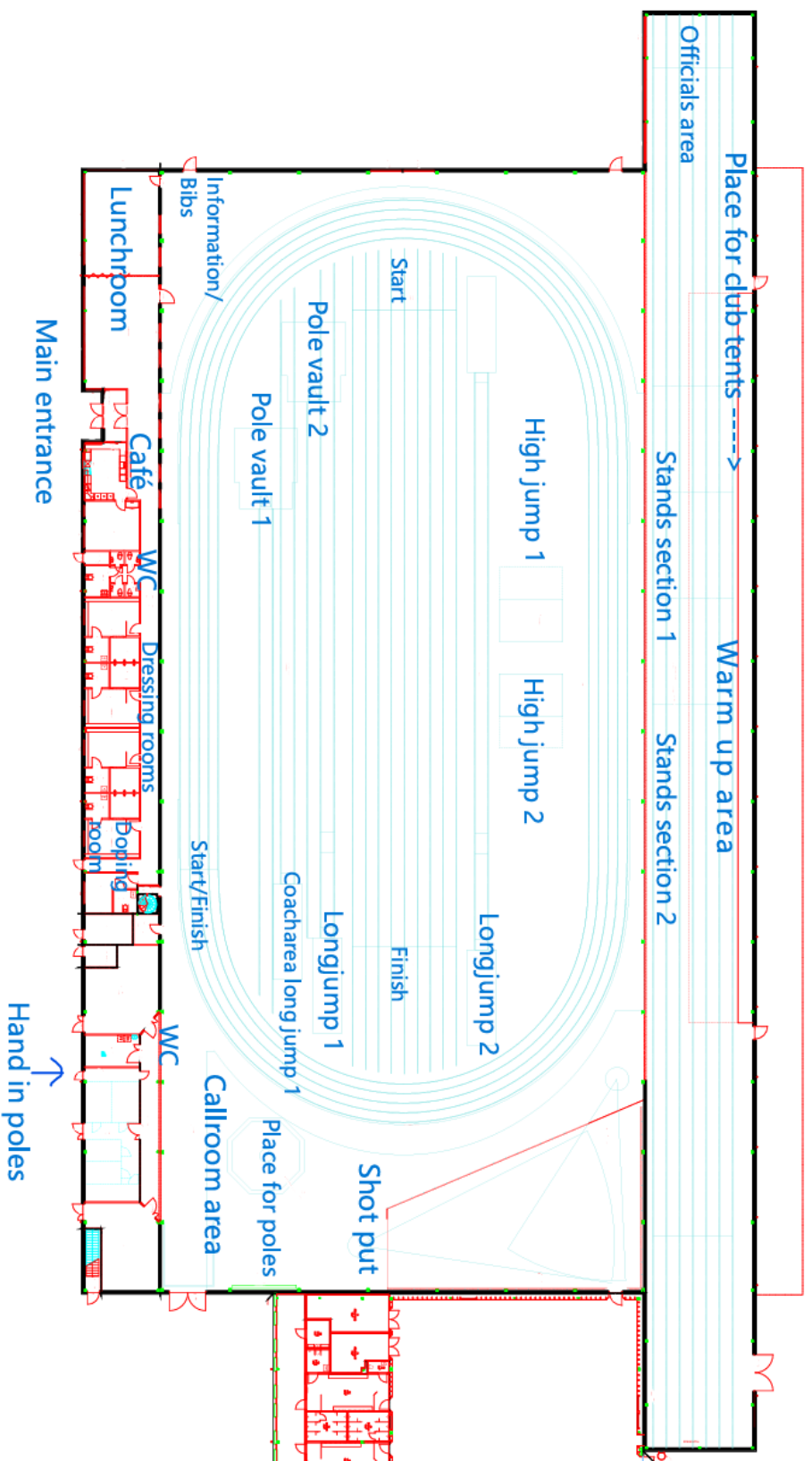
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Swedish Championships in combined events 2026

Map of the venue; Tybblelundshallen Örebro



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Timeschedule

Swedish Championships in combined events

Saturday February 7th 2026



Dont't forget the final confirmation two hours before the first start.

Time	W U16	W U17	W U18	M U16	M U17	M U18	M U20	M Senior	Time
11:00	60m H								AM 11:00
11:25					60m				AM 11:25
11:40							60m		AM 11:40
12:00	Highjump pool A (1)+B (2)					60m			AM 12:00
12:20					Polevault 1				PM 00:20
12:30			60m H				Longjump 2		PM 00:30
12:45		60m H							PM 00:45
13:00	Shot put pool A					Polevault 2		60m	PM 01:00
13:30				60m					PM 01:30
13:45		Highjump 1	Highjump 2					Longjump 2	PM 01:45
14:00	Shot put pool B								PM 02:00
14:40				Pole vault 1					PM 02:40
15:00							Shot put		PM 03:00
15:10	Longjump pool A (2) +B (1)								PM 03:10
16:05			Shot put						PM 04:05
16:15					Longjump 2	Longjump 1	Highjump pool A (1)+B (2)		PM 04:15
16:40	600m	Shot put							PM 04:40
17:00			Longjump 1						PM 05:00
17:30		Longjump 2						Shot put	PM 05:30
17:40			800m	Longjump 1					PM 05:40
18:20		800m						Highjump pool A (1)+B (2)	PM 06:20

The time after the first event are indicative and may change (earlier or later). The start time for the next event will be communicated by the group leader for each competition class. However, the basic rule always applies that the person who competes last in an event should have the right to a 30-minute rest before the next event begins.

Sunday February 8th 2026

Time	W-W U23- W U20	M U16	M U17	M U18	M U20	M Senior	Time
10:00	60m H						AM 10:00
10:30					60m H		AM 10:30
11:00	Highjump pool A (1)+B (2)			60m H			AM 11:00
11:15			60m H				AM 11:15
11:30					Pole vault pool A (1)+B (2)		AM 11:30
12:30			Highjump 2	Highjump 1			PM 00:30
12:40		60m H					PM 00:40
13:00						60m H	PM 01:00
13:30	Shot put						PM 01:30
14:00		Highjump 1			1000m	Pole vault pool A (1)+B (2)	PM 02:00
14:45	Longjump 2			Shot put			PM 02:45
15:30			Shot put				PM 03:30
15:45				1000m			PM 03:45
16:00						1000m	PM 04:00
16:15	800m						PM 04:15
16:30		Shot put	1000m				PM 04:30
17:30		800m					PM 05:30



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