Athlete info – Aarhus Sprint'n'Jump

Welcome to Aarhus – Denmark's 2nd largest city. We hope you will enjoy your stay 😊

Athlete contact



Ole Middelhede

tlf: +45 40 57 02 20

Roster Athletics

Competition information

Entry lists, final timetable, results
All is available through the Roster app or on the Roster webpage (https://meets.rosterathletics.com/). Call room time table and heats will be published Tuesday morning.

Competition venue
Aarhus Atletik- og Løbeakademi
Havreballe Skovvej 11
8000 Aarhus C
Denmark

BIB-numbers and accreditation cards
Can be picked up at the info desk at hotel on Tuesday

Progression rules
60 meter men: 1 Q + 3 q to A-final and next six q to B-final.
60 meter women: 1 Q + 3 q to A-final and next six q to B-final.
60 meter hurdles women: 2 Q + 2 q to final
60 meter hurdles men: 2 Q + 2 q to final

In the jumps, all jumpers will receive three jumps. Up to 8 jumpers will progress to round 4, 6 jumpers will progress to round 5 and 4 jumpers will progress to the last round.

For 60 meter men there will be preliminary heats. If you wish to enter the competition at this stage rather than the heats, please inform Ole Middelhede no later than 20.00 on Monday.

Presentations before finals
Before the A-finals of 60 m and all other finals you will be presented in front of the audience. Your athlete handler during the meet will make sure you are at the right place at the right time. Please note that you will **NOT** have time to perform extra starts or run-ups between the presentation and the competition start.

Practical information

Contact person
If you have any questions that are not answered in this document or by the hotel info desk, feel free to contact Ole Middelhede on +45 40 57 02 20.

Info desk
The meet will have a small info desk at the hotel – do not hesitate to drop by if you have any questions. The info desk will be open from 14.00 until 18.00 on Monday and from 8.00 until 16.00 on Tuesday. If you have any question outside the opening hours of the info desk, please contact Ole.

Food
Breakfast: At the hotel from 7.00 to 10.00.
Lunch Monday: If you arrive earlier than 14:00 we will provide a sandwich for lunch.

Lunch Tuesday: Sandwich will be brought to the info desk at the hotel at 12.30 for those arriving earlier than that.
Dinner Monday: At the competition venue between 18.30 and 19.30.
Dinner Tuesday: After the competition at the competition venue from 19.30

Tap water is 100 % safe to drink!

Food can be ordered to the hotel lobby on Wolt.dk.

Hotel
The hotel is Helnan Marselis Hotel located at Strandvejen 25, 8000 Aarhus, Denmark – a beautiful 2 km walk from the competition venue.

Check out is latest 11.00.

All extra costs will be of own expense.

You will have access to the pool and sauna facilities in the Hotel.

The restaurant at the hotel Is closed in the days around the meeting, so this is not an option for extra food.

Transportation
There will be transportation between the hotel and competition venue at the following times:

	From hotel to competition venue	**From competition venue to hotel**
Monday	Shuttle every 20 minutes from 17.15 to 18.15	Shuttle every 20 minutes from 19.15 to 20.15
Tuesday	14.00 – 15.00 – 15.30 – 16.00	Shuttle every 20 minutes from 20.30 to 21.30

Please inform the info desk about when you want transportation to/from the venue upon arrival or during breakfast on Tuesday. Please check with info desk regarding confirmation of home travel.

Practice possible Monday 17.30 and Wednesday 11.00. If you wish to practice on Wednesday, please contact Ole Middelhede. Both track and cardio/strength facilities will be open.

Prize money
As published on web. All payments will be done by bank transfer AFTER the competition.

Payment
If you are paying for your stay, you can pay in cash to Ole Middelhede or by bank transfer. Please let us know which option you prefer.

Photos
Photos from the meet will be posted to our website after the meet.

Social media
We would love if you would tag us in your posts on social media using @sprintnjump

Massage
There will be a massage option at the competition venue Monday 16:00-19:00 and Tuesday 10:00-13:00. It will take place on the first floor, just beside the cardio room. There will be an “open door” policy, if the door is closed a massage Is taking place and you will have to wait. The massage will take around 25 minutes.

Other practical info
You can update yourself through our web page https://www.1900al.dk/sprintnjump

AARHUS 1900
ATLETIK OG LØB

Aarhus SPRINT ’n’ JUMP
January 20th 2026