

## COMPETITION INFORMATION

### WESTINGHOUSE GURKSPELEN & SÖDRA SVEALAND CHAMPIONSHIPS 2026

Athletes, coaches, parents and spectators are warmly welcome to the **54th Gurkspelen** at the historic **Arosvallen Stadium** and **Apalby Throwing Area** (hammer throw). This year's competition also hosts the **Södra Svealand Championships**.

#### PARKING

Free parking is available at **Blåsbo Parking**. Paid parking is also available along **Vallgatan** and **Solbergagatan**.

#### COMPETITION OFFICE

Open:

- Saturday: 08:30
- Sunday: 08:30

The Competition Office is located next to the changing rooms.

#### APALBY THROWING AREA (HAMMER THROW)

A large football tournament will be taking place near the throwing area. Please allow extra time for parking, as you may need to park some distance away.

No bib number is required for the hammer throw.

Hammer throw medal ceremonies will take place at Arosvallen Stadium.

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#### IMPORTANT

##### CHECK-IN

Required **only for track events**.

Check-in must be completed digitally via [Webathletics](#) no later than **60 minutes before the scheduled start** on the day of competition.

Athletes who fail to check in will automatically be scratched.

No check-in is required after qualifying rounds before a final. If qualifying heats are cancelled, finalists will be determined by entry performances.

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##### BIB NUMBERS

Bib numbers are collected at the Competition Office and must be worn clearly visible on the chest.

Pole vault athletes may wear the bib on either the chest or the back.

No bib number is required for the hammer throw.

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## TIME LIMITS

Field events (jumps and throws):  
**1 minute per attempt.**

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## WARM-UP

Warm-up takes place outside the stadium.

Only competing athletes and officials are allowed on the infield.

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## STARTING BLOCKS

Athletes in the **8–10 age groups** may receive assistance from a coach or parent when setting up starting blocks.

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## CALL ROOM / REPORTING

Athletes must report to their event **15 minutes before the scheduled start** at the event site.

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## COMPETING IN MULTIPLE EVENTS

Athletes competing in overlapping events may, after agreement with the event chief, complete their jumping or throwing attempts at the end of the relevant round or height.

This arrangement must not delay the competition (for example when the bar is due to be raised in the high jump).

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## HEAT SEEDING

For events from **60 m to 200 m**, heats will be seeded according to the regulations of the Swedish Athletics Federation.

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## SPRINTS & HURDLES (60–110 m)

Athletes aged **12 and older** compete in qualifying heats and finals.

Qualification is based solely on times.

If more than **24 athletes** are entered in the 60–100 m events, both **A and B Finals** will be held.

Younger age groups run finals only.

For longer distances, the fastest entered athletes compete in **Heat A**, with subsequent heats seeded accordingly. Heat A is run last.

Extra races will be offered in selected events (see timetable).

Registration for extra races must be made at the Competition Office **no later than 40 minutes before the scheduled start.**

**Please note:** The **200 m** is contested as **seeded finals only** (no heats and final).

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## OPENING HEIGHTS

### High Jump

| Category      | Heights                                                     |
|---------------|-------------------------------------------------------------|
| Men           | 1.62 – 1.67 – 1.72 – 1.75 – 1.78 – 1.81 +3 cm               |
| Women/Boys 15 | 1.30 – 1.35 – 1.40 – 1.45 – 1.50 – 1.53 – 1.56 – 1.59 +3 cm |
| Girls 15      | 1.28 – 1.32 – 1.38 – 1.42 – 1.45 – 1.48 – 1.51 +3 cm        |
| Boys 13/12    | 1.06 – 1.11 – 1.16 – 1.21 – 1.26 – 1.29 – 1.32 +3 cm        |
| Girls 13      | 1.16 – 1.21 – 1.26 – 1.31 – 1.36 – 1.39 – 1.42 +3 cm        |
| Girls 12      | 1.07 – 1.12 – 1.17 – 1.22 – 1.27 – 1.30 – 1.33 +3 cm        |

### Pole Vault

Men/Women:

1.45 – 1.60 – 1.75 – 1.90 – 2.05 – 2.20 – 2.35 – 2.50 – 2.60 – 2.70 +10 cm

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## SPIKE LENGTH

Maximum spike length:

- Track events: **7 mm**
  - Jumps and throws: **9 mm**
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## LANE EVENTS

For **400 m** and **600 m** (ages 9–13), athletes start together and merge into lane 1 immediately after the start.

For **800 m**, athletes normally remain in separate lanes through the first bend, although exceptions may occur.

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## HORIZONTAL JUMPS & THROWS

The best **8 athletes** qualify for the final after three rounds.

Athletes aged **11 and younger** receive **4 attempts each**.

Hammer throw is held at **Apalby Throws Area**.

Wind measurement is used in long jump and triple jump from the **12-year age group and older**.

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## POLE VAULT

Due to a waiting list, athletes who know they cannot compete are requested to notify:

[henrik@vasterasfriidrott.se](mailto:henrik@vasterasfriidrott.se) as soon as possible.

Pool allocations will be published on the competition website no later than **Tuesday, 4 August**.

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## TRIPLE JUMP

Take-off boards are available at:

- 13 m
- 11 m

Marked boards are also available at:

- 9 m
- 7 m

Please indicate your chosen take-off board on the start list displayed next to the Competition Office to assist the officials.

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## PERSONAL IMPLEMENTS

Personal throwing implements may be used.

They must be weighed in **no later than one hour before the event**.

Approved implements may be used by all competitors.

Weigh-in takes place in the garage to the left of the water taps outside the changing rooms.

Personal hammers are weighed in at **Apalby Throwing Area**.

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## LATE ENTRIES

Accepted subject to availability.

Email late entries to:

**[henrik@vasterasfriidrott.se](mailto:henrik@vasterasfriidrott.se)**

no later than **5 August**.

After that, late entries can be accepted on-site during the competition weekend.

For track events, late entries are accepted until heats are full, no later than **60 minutes before the scheduled start**.

For field events, late entries may be accepted if places become available or if the timetable permits.

Late entry fee:

**SEK 240** (invoiced to the club afterwards).

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## RESULTS

Live results are available on [Webathletics](#).

For athletes aged **11 and younger**, select "**Search Individual Results.**"

No printed results will be displayed in the stadium.

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## MEDAL CEREMONIES

Medal ceremonies take place as soon as possible after each event.

Prize winners are requested to proceed directly to the podium after finishing.

Hammer throw medal ceremonies take place at **Arosvallen Stadium**.

Awards:

- Winners in the Men's, Women's and U19 classes receive prizes.
- The top six athletes receive prizes in age groups 12–17 and para events.
- The top three athletes in the Southern Svealand Championships receive medals immediately afterwards (ages 12+).
- Special awards are presented for new Gurkspelen records (ages 12+).

Athletes aged **11 and younger** receive a participation prize, collected at the Competition Office in exchange for their bib number after completing all events.

If an athlete wishes to keep the bib, it will be marked when collecting the medal.

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## FOOD & REFRESHMENTS

A kiosk is located inside the stadium behind the 100 m start.

Food available:

- Hamburgers
- Toasts
- Hot dogs

**Payment by Swish only.**

A pizzeria is approximately **200 metres** from the stadium.

Västerås city centre is approximately **800 metres** away.

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## QUESTIONS

Competition Director

**Henrik Astfors**

henrik@vasterasfriidrott.se

+46 70 281 07 57

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# WELCOME TO GURKSPELEN 2026!

