

Track & Field

Friday September 2nd

12.00 – 16.00	Arrival in Tromsø, accreditation and check-in at the hotels (after 12:00)
12.00 – 18.30	Registration office in the hotel is open
17.00	Meeting for all leaders and coaches at the hotel
17.30 – 19.30	Dinner at the hotel
19.45	Walking to the Opening Ceremony in Stortorget, Tromsø
20.00 – 21.30	Opening Ceremony in Stortorget, Tromsø
21.30	Transportation to the hotels (Walking distance)

Saturday September 3rd

07.00 – 09.00	Breakfast at the hotel
09.30	Transportation to the arena
10.00	Arrival at the arena
10.45	Official opening
11.00	Competition starts
12.00 – 15.00	Lunch available at the arena between 12.00 – 15.00
15.00	Competition end
15.30	Transportation to the hotel
17.30 – 19.30	Dinner at the hotel
19.30 – 20.00	Transportation to Get-Together in Tromsøbadet
20.00 – 22.30	Get Together – Play Together in Tromsøbadet
22.30	Transportation to the hotels

Sunday September 4th

07.00 – 08.00	Breakfast at the hotel
08.30	Transportation to the arena
09.00	Arrival at the arena
09.30	Competition starts
13.30	Competition end
14.00	Departure from the arena

Local club: Troms Friidrettskrets
Arena: Valhall stadion

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Track & Field

Timetable single events (Men & Women)

Saturday September 3rd

Barents Summer Games – friidrett 2022

Time	Track	Jumps	Throws
10:45	Opening Ceremony		
11:00		W Pole vault	M Hammer t
11:05		W Long Jump	
11:30	W 400m h		
11:45	M 400m h		
12:00			W Shot put
12:10		M Long jump	
12:30	W 100m		
12:45	M 100m		M Discus throw
12:55	Medal ceremony		
13:15	M 400m		
13:25	W 400m	M High jump	
13:45	M 5000m		W Javelin
14:15	W 1500m		
14:25	M 1500m		
14:40	W 4 x 100m		
14:50	M 4 x 100m		
15:00	Medal ceremony		
15:30	End competition		
Sunday September 4th			
Time	Track	Jumps	Throws
09:00		M Pole vault	W Hammer t
09:00			
09:15	W 100m h		W Shot put
10:25	M 110m h	W Triple jump	
10:40	W 800m		
10:50	M 800m		
11:00			W Discus throw
11:00	Medal ceremony		
11:20	W 200m	M Triple jump	
11:30	M 200m	W High jump	
11:50			M Javelin
11:50	W 3000m		
12:00			
12:20	W 4 x 400m		

12:30	4 x 400m menn		
12:40	Medal ceremony		
13:00	End Sunday		



Barents Games is a people-to-people cooperation, which aims to develop friendship through sports in the Barents Region. Cooperation across the Barents countries gives athletes, coaches, managers and referees the opportunity to share knowledge and experience through international competitions. In addition to sports competitions, Barents Games has an overall goal of tolerance and cultural understanding across its borders - sharing the arctic spirit!

Opening Ceremony

During Barents Summer Games in Tromsø, we wish to invite you all participants and guests to this community event – where you will get the chance to meet athletes of all sports, nations, and age groups.

Time: **Friday 2nd September, kl. 20.00 – 21.30**
Location: **Stortorget, Tromsø City Centre**

The opening ceremony will take place on Friday evening, in the heart of Tromsø city. This is the official opening of the Games, where we will wish all participants, coaches, managers and invited guests a warm welcome to Tromsø and BSG 2022. The program will include speeches and cultural performances.

Get-Together – Play-Together

Time: **Saturday 3rd September, kl. 20.00 – 22.30**
Location: **Tromsøbadet and Tromsø Climbing Centre**

“Get-Together – Play-together” is a social gathering for all participants, coaches, leaders and invited guests. The evening will be spent in the magnificent Tromsøbadet. There will also be an opportunity for participants to book 1 hour of climbing in Tromsø Climbing Centre, which is in the same building. This booking can be done in the Main Secretariat at Scandic Ishavshotel when you arrive and register.

In Tromsøbadet, we will make sure you can have fun, compete in exciting games, and meet other participants from other countries or sports. Tromsø Climbing Centre will teach you the basics of climbing and provide a good challenge for the more experienced climbers – in the great climbing wall, which is suited for international competitions.

