



LYGNA
SKI-
FESTIVAL
2024

Team Captains' Meeting

Equinor NC Senior 4, 5 and 6
Equinor NC Para junior and senior

6-7 January 2024

Agenda

1. Opening
2. Roll call
3. Introduction of the Organising Committee
4. Introduction of the Jury
5. Competition, stadium and course information
6. Ski testing and training
7. Fluor Testing
8. Weather forecast
9. General information from Organiser
10. General information from TD
11. General information from NSF

Roll call

- Agder og Rogaland
- Akershus
- Buskerud
- Finnmark
- Hedmark
- Hordaland
- Møre og Romsdal
- Nordland
- Nord-Trøndelag
- Oppland
- Oslo
- Sogn og Fjordane
- Sør-Trøndelag
- Troms
- Vestfold og Telemark
- Østfold
- Australia
- Austria
- China
- Chile
- Finland
- Great Britain
- Mexico
- Poland
- Portugal
- Sweden
- USA

Introduction of the Organising Committee

- Chief of competitions: Terje Nilsen, +47 975 79 691
- Assistant chief of competitions: Hans Jørgen Kvåle, +47 419 29 199, hansjorgen@lygna-skisenter.no
- Race secretary: Hanne S. Kvåle, hanne.kvale@g-sport-brandbu.no
- Chief of Course: Dag Anmarkrud
- Chief of Stadium: Gudbrand Tingelstad
- Service and waxing area: Terje Sørbråten, terje@tsblikk.no

Introduction of the Jury

- TD: Torbjørn Broks Pettersen
- Assistant TD: Thomas E Darell
- Chief of competitions: Terje Nilsen
- Assistant chief of competitions: Hans Jørgen Kvåle
- Equipment controller: Jan Olav Andersen

Start list and seeding

Start lists will be published at the [event webpage](#) and the WhatsApp-group at the latest 19:00 the day before the competition

Sprint - Saturday :

- Seeding according to FIS points.
- 15 sec start interval

20 km – Sunday:

- Seeding according to FIS points.

Withdrawals should be announced to the race office at the latest **16:00** the day before the competition.

Program Saturday 6/1

07:30 Service area open

09:00 Race office open

09:00 Competition course open for training

10:55 Competition course **closed** for training

11:00 First start qualification Para

11:30 First start qualification Men and Women Senior

Course opens after last finisher (after forerunner crew)

12:30 Competition course **closed** for training

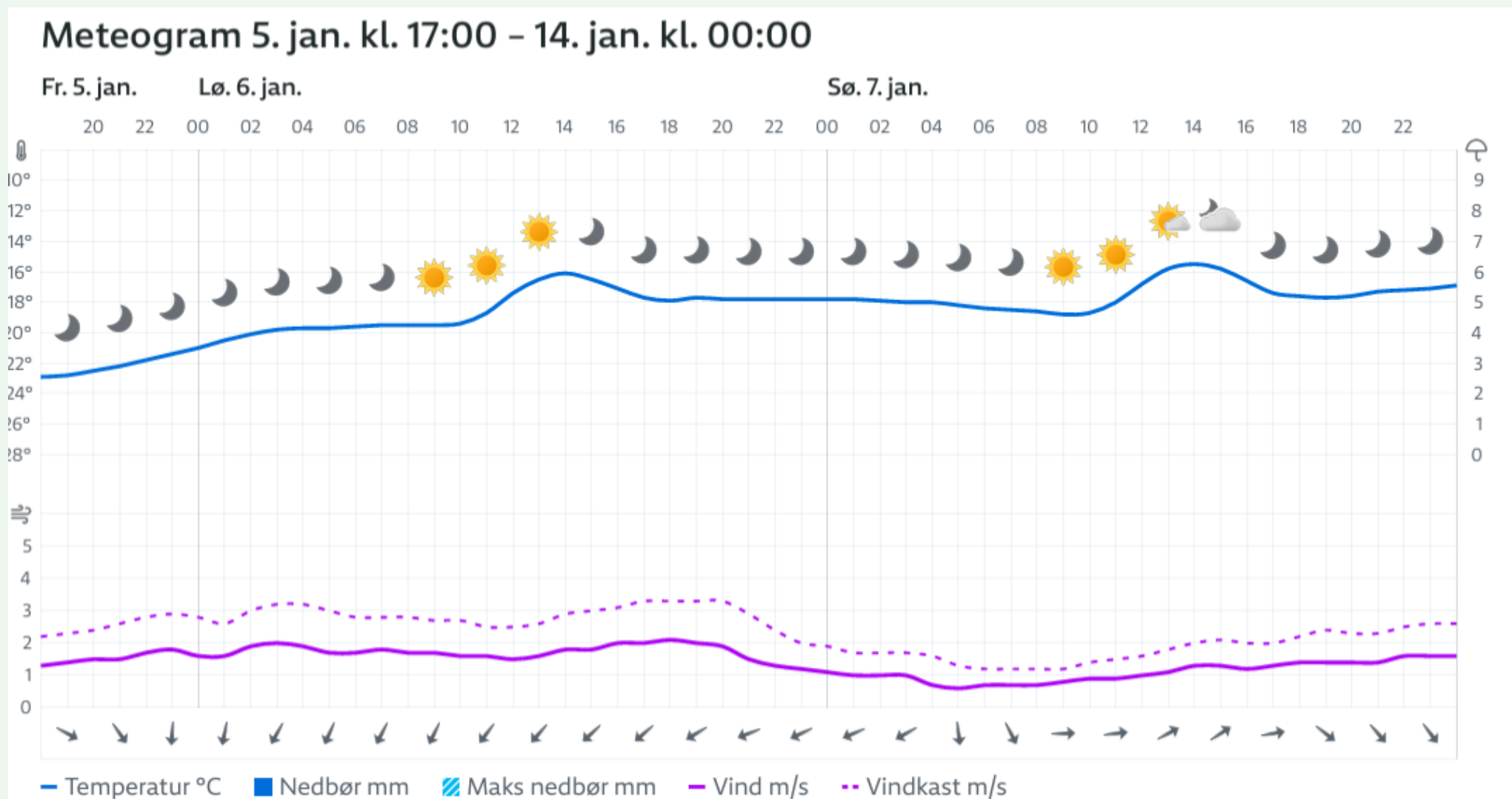
12:35 First start Finals Para

13:30 First start Finals Women and Men senior

Appr. 14:00 Prize-giving Para

Appr. 15:30 Prize-giving Women and Men senior

Weather forecast



[Link yr.no](http://Link.yr.no)

Time Schedule Sprint

PARA

Start Qualification sit	11:00:00	Start Interval	00:00:15
Start length	00:03:45	Starters	15
Last start Qualification	11:03:45		
Start Qualification standing/VI	11:09:00	Start Interval	00:00:15
Start length	00:04:15	Starters	17
Last start Qualification	11:13:15		
Start Semi Finals	12:35:00	Time between heat	00:05:00
Start Finals	13:00:00		

Semi Final Standing M 12:35:00	9 starters	Final Para VI W*+M*	13:00:00	5 (+5)
Semi Final Sit W 12:40:00	5 starters	Final Para Standing W*+M	13:05:00	3 W + 5 M
Semi Final Sit M 12:45:00	10 starters	Final Para Sit W+M	13:10:00	3 W + 6 M

**directly qualification to Finals*

Women senior

Start Qualificaton Women Senior	11:30:00	Start Interval	00:00:15
Start length	00:19:15	Starters	77
Last start Qualification	11:49:15		
Start Quarter Finals	13:30:00	Time between heat	00:05:00
Start Semi Finals	14:20:00		
Start Final	14:45:00		

Quarter Final 1 13:30:00			
Quarter Final 2 13:35:00	Semi Final 1 14:20:00		
Quarter Final 3 13:40:00	Semi Final 2 14:25:00		Final 14:45:00
Quarter Final 4 13:45:00			
Quarter Final 5 13:50:00			

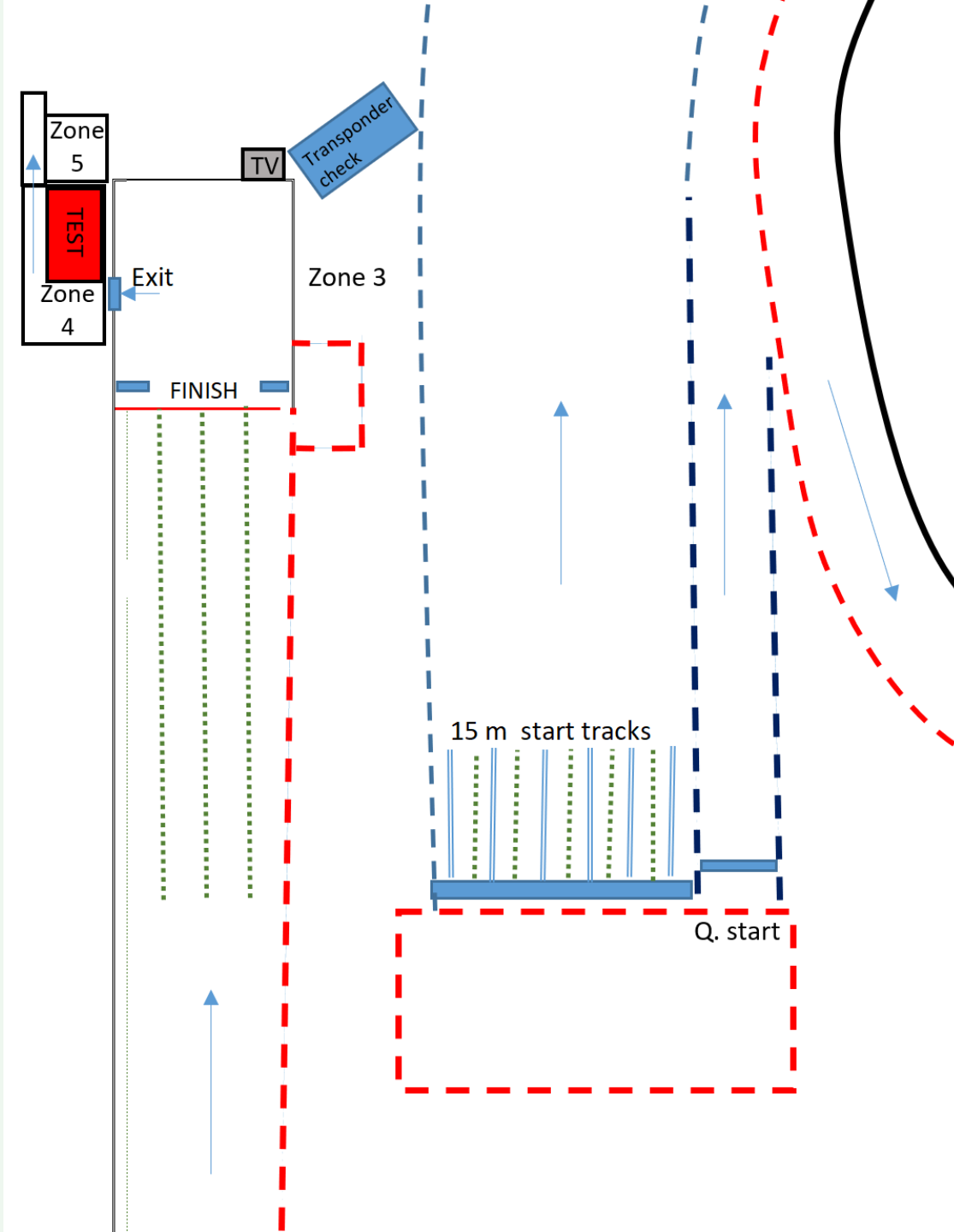
Men senior

Start Qualificaton Men Senior	11:53:00	Start Interval	00:00:15
Start length	00:29:30	Starters	118
Last start Qualification	12:22:30		
Start Quarter Finals	13:55:00	Time between heat	00:05:00
Start Semi Finals	14:30:00		
Start Final	14:55:00		

Quarter Final 1 13:55:00			
Quarter Final 2 14:00:00	Semi Final 1 14:30:00		
Quarter Final 3 14:05:00	Semi Final 2 14:35:00		Final 14:55:00
Quarter Final 4 14:10:00			
Quarter Final 5 14:15:00			

Stadium 6/1

- No coaches in the start area
- Separate track for qualification start
- 4 corridors in the finish
- No coaches in the finish area
- March-in 3 min before the heat starts
- Start with electric start gun
- Ski hand-in for fluor testing in Zone 4
- Ski hand-out after qualification and finals in Zone 5
- Ski hand-out before Semi-finals and Finals in Zone 3



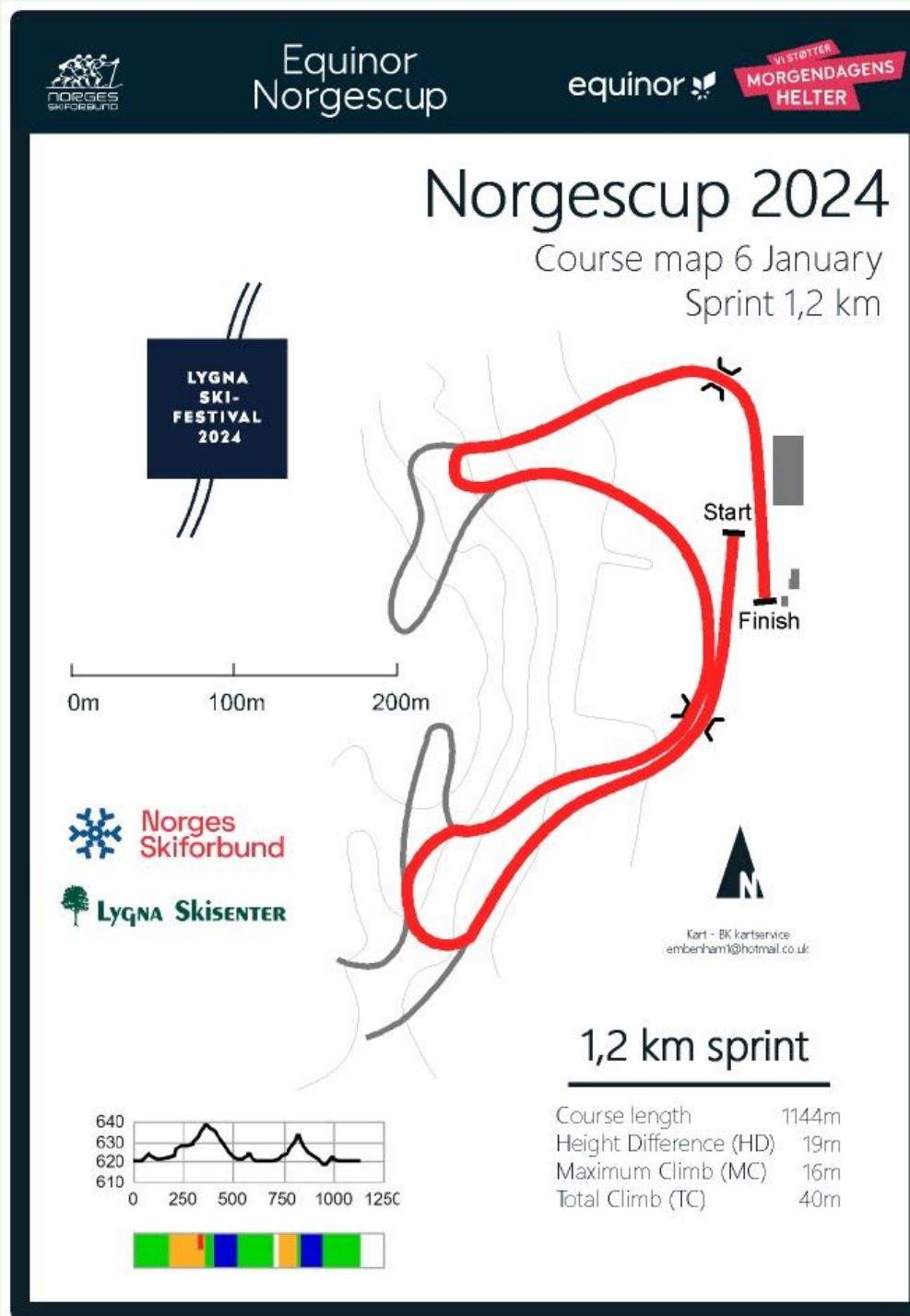
Course 6/1 – Senior + Para standing

Course: 1,2 km

Neutral pole service after
100 meter

No-coaching zone in the
stadium

Courses and ski test area
will be groomed between
21:00 and 23:59 5/1



Download high res.
map at the [event
webpage](#)

Course 6/1 – Para Sit

Course: 750 meters

1 track - on skiers left

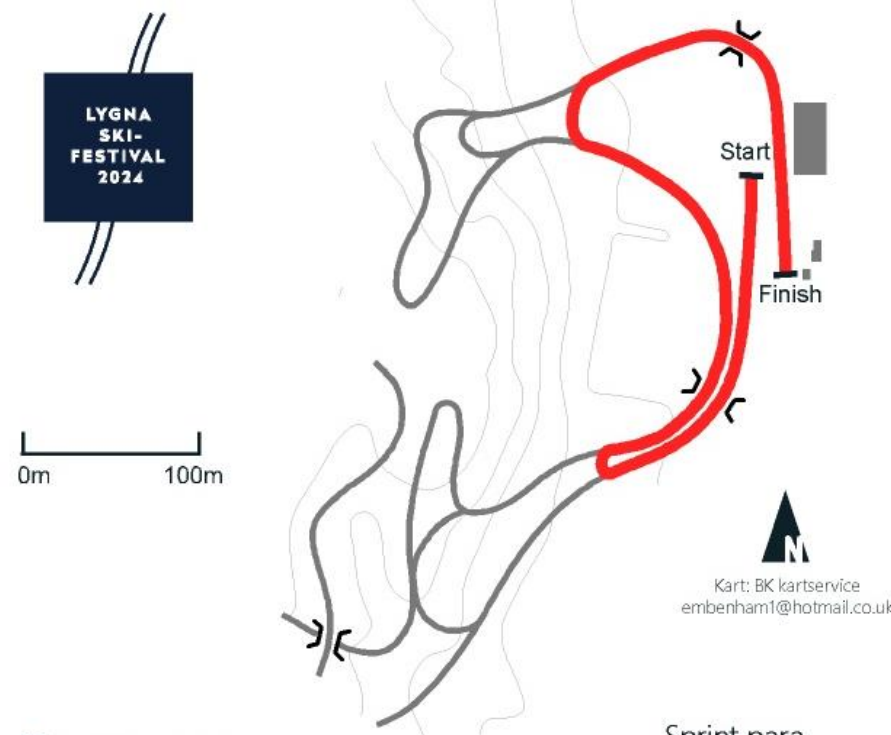
Neutral pole service after
100 meter

No-coaching zone in the
stadium

Courses and ski test area
will be groomed between
21:00 and 23:59 5/1

Norgescup 2024

Course map, 6 January
Para Sit Sprint

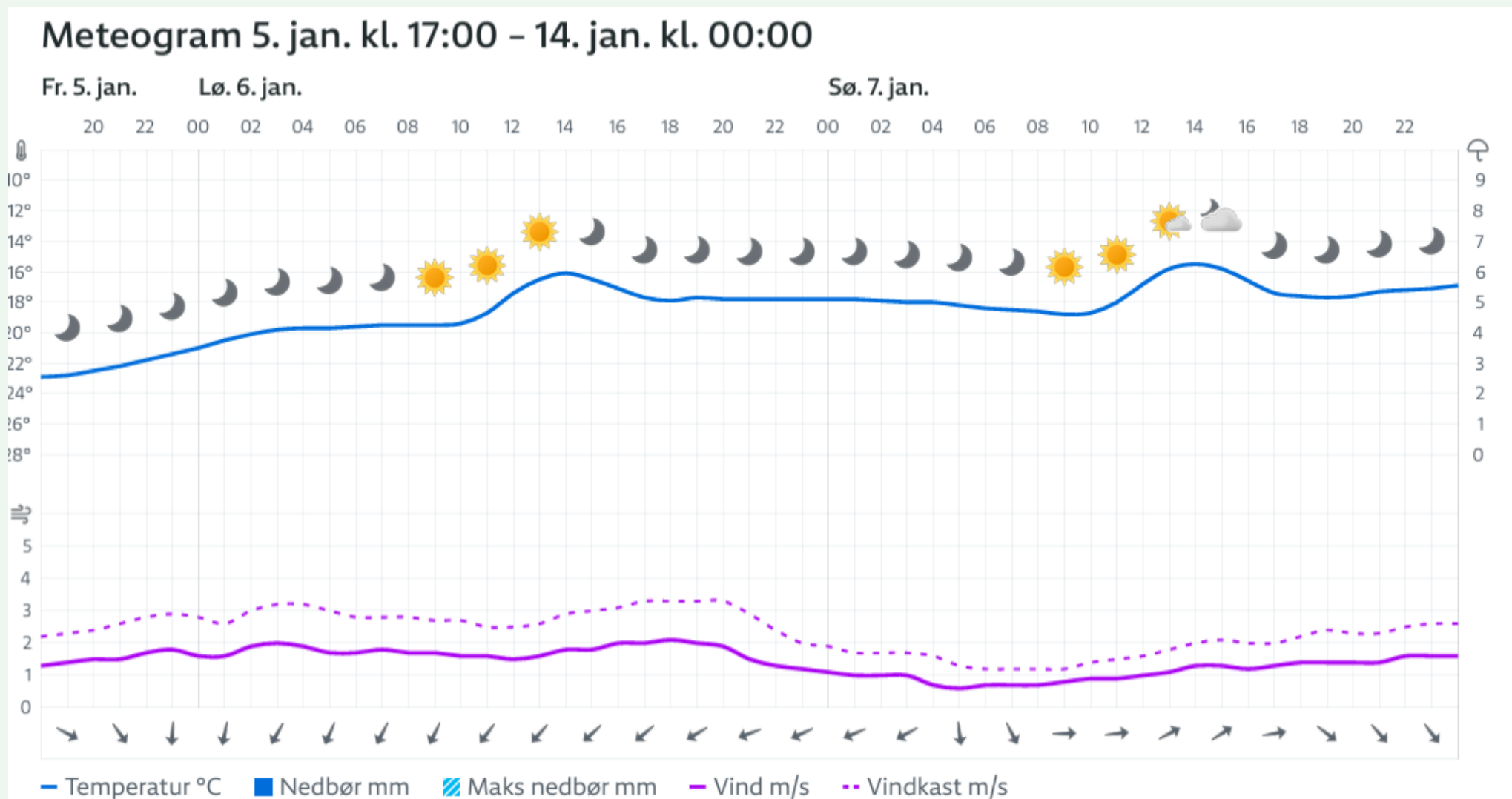


Sprint para

Course length	750m
Height Difference (HD)	5m
Maximum Climb (MC)	5m
Total Climb (TC)	10m

Download high res.
map at the [event
webpage](#)

Weather forecast



Program Sunday 7/1 **UPDATED**

07:30 Service area open

08:30 Race office open

09:00 Competition course open for training

10:10 Competition course **closed** for training

10:30 First start Para Sit 5 km (3 x 1,5 km)

Apr. 11:45 Prize-giving Para Sit

Course opens after last finisher (after forerunner crew)

11:25 Competition course **closed** for training

11:30 Start Women senior 15 km F (3 x 5 km)

11:30 Start Para Standing 10 km junior/15 km senior F (2-3 x 5 km)

Apr. 13:15 Prize-giving Women senior and Para Standing

Course opens after last finisher (after forerunner crew)

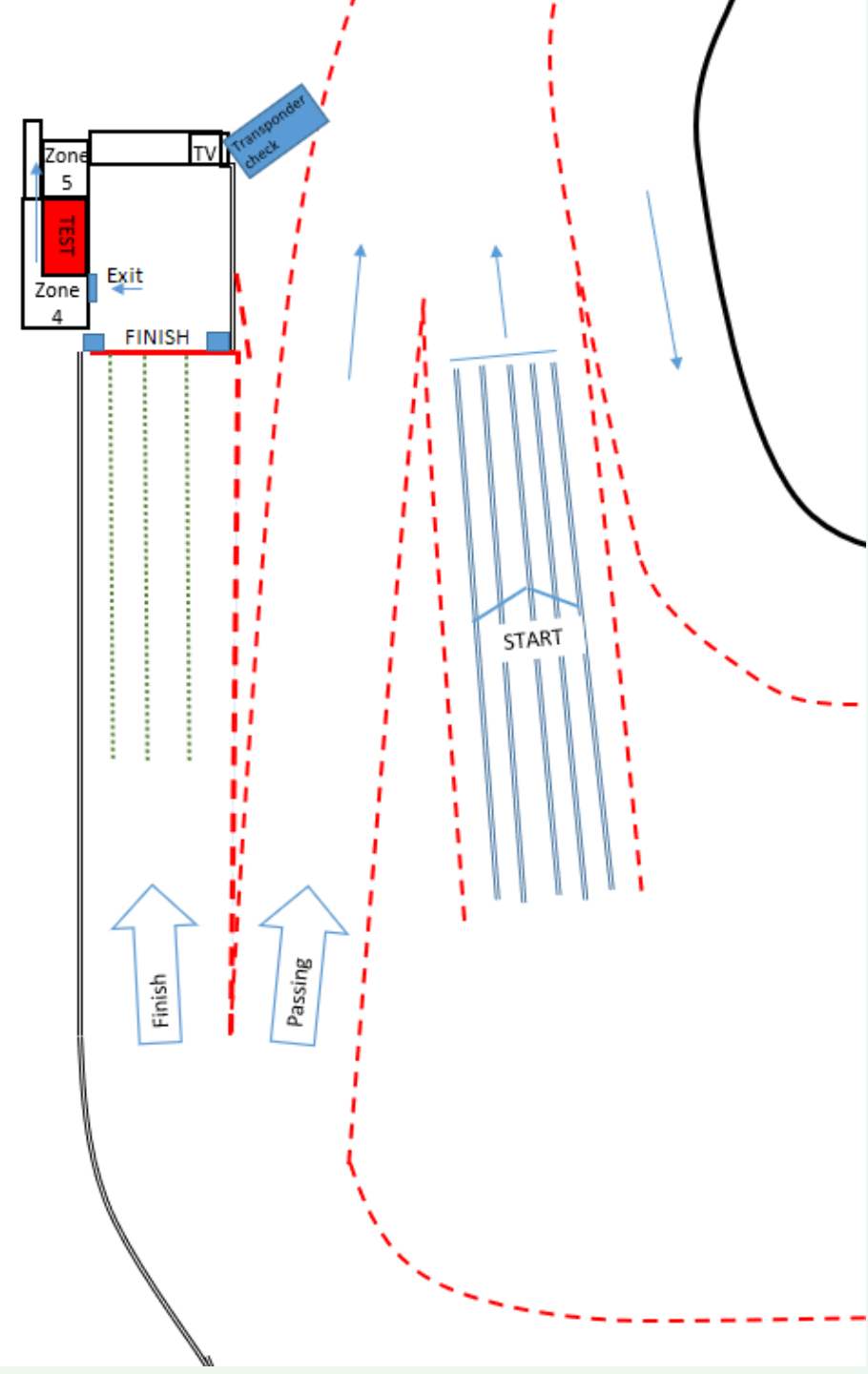
12:55 Competition course **closed** for training

13:00 First start Men senior 15 km F (3 x 5 km)

Apr. 14:15 Prize-giving Men senior

Stadium 7/1

- March-in 5 minutes before start
- No coaches in the start area
- Plow start with electric gun shot
- 40 meters no-skating zone from the start
- 4 corridors in the finish
- No coaches in the finish area
- Ski hand-in for fluor testing in Zone 4 after finish
- Ski hand-out after fluor testing in Zone 5

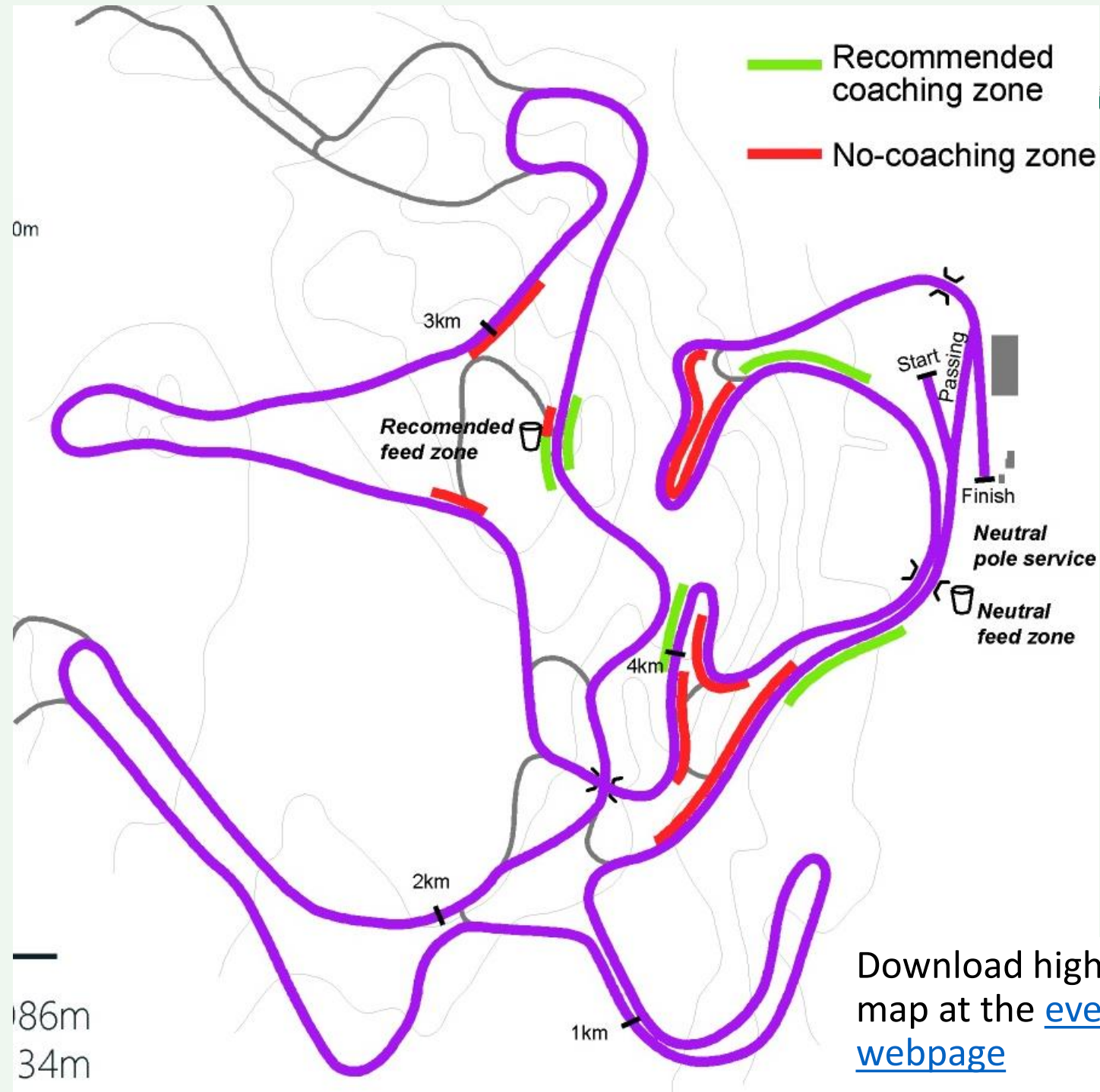


Course 7/1 – Senior and Para standing

Senior Men, Women, Para Standing: 3 x 5 km black
Para Standing junior: 2 x 5 km black

- Organiser will have neutral pole service 100 m after the start and a feed zone in the stadium
- No-coaching zones
- No-coaching zone in the stadium
- Recommended coaching zones marked on the map
- TV production from ATV in parts of the course
- Coaches must act careful in the ATV zone and give way to the ATV

Courses and ski test area will be groomed between
21:00 and 23:59 6/1



Download high res.
map at the [event webpage](#)




Course 7/1 – Para Sit

Course: 3 x 1,5 km

1 track - on skiers right

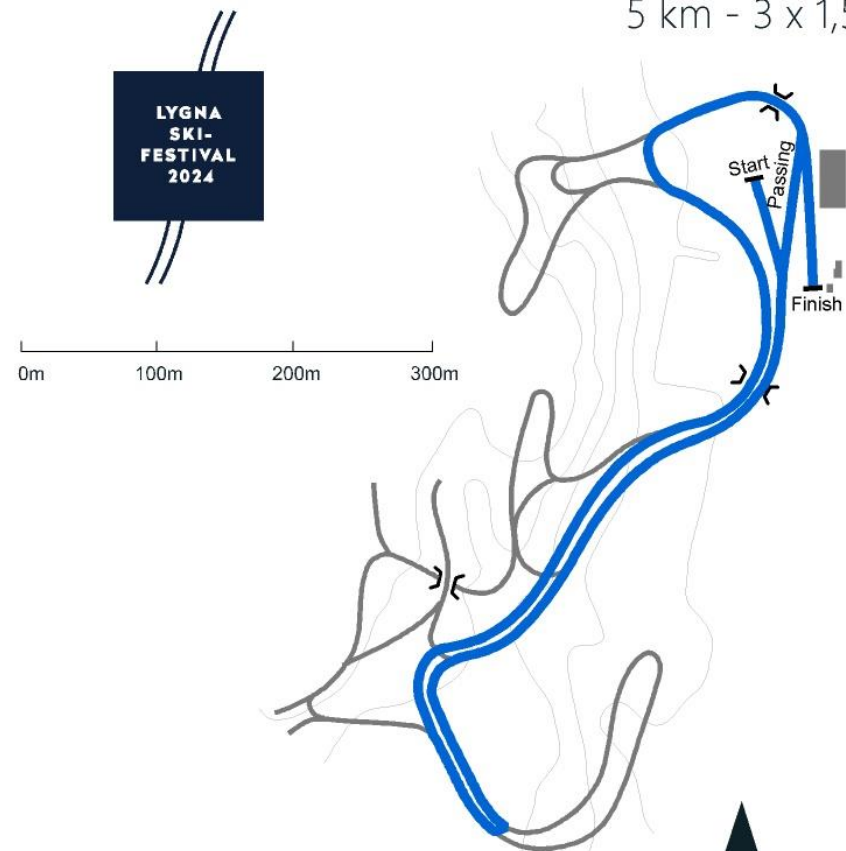
No-coaching zone in the stadium

Courses and ski test area will be groomed between 21:00 and 23:59 6/1

 Equinor Norgescup  

Norgescup 2024


Course map Para Sit, 7 January
5 km - 3 x 1,5km





LYGNA SKI-FESTIVAL 2024

Start Passing Finish

0m 100m 200m 300m

 Norges Skiforbund

 Lygna Skisenter

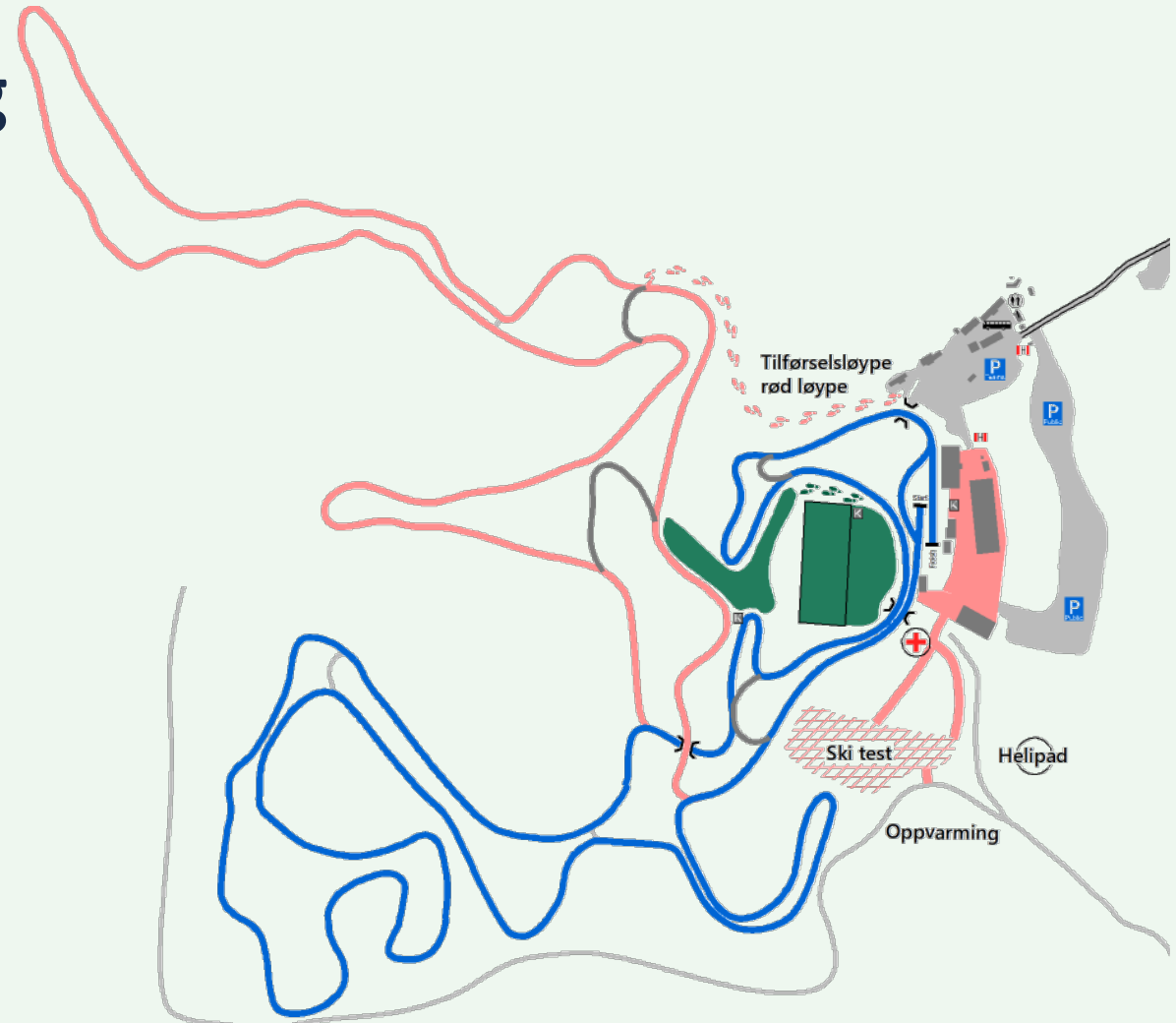
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Kart - BK kartservice
embenham1@hotmail.co.uk

Download high res. map at the [event webpage](#)

Ski testing, warm-up and training

- Competition courses can be used when they are open for training. **Only ski in course direction.**
- Ski test area next to the service area, south of the stadium. Follow sign-posting.
- The ski test area will be groomed in the same way at the same time as the competition courses.
- Warm-up can be done in the ski test area and other tracks, south of the ski test area.
- On Saturday, during the sprint competition, the rest of the competition tracks outside the sprint course can be used for training.



Fluor testing

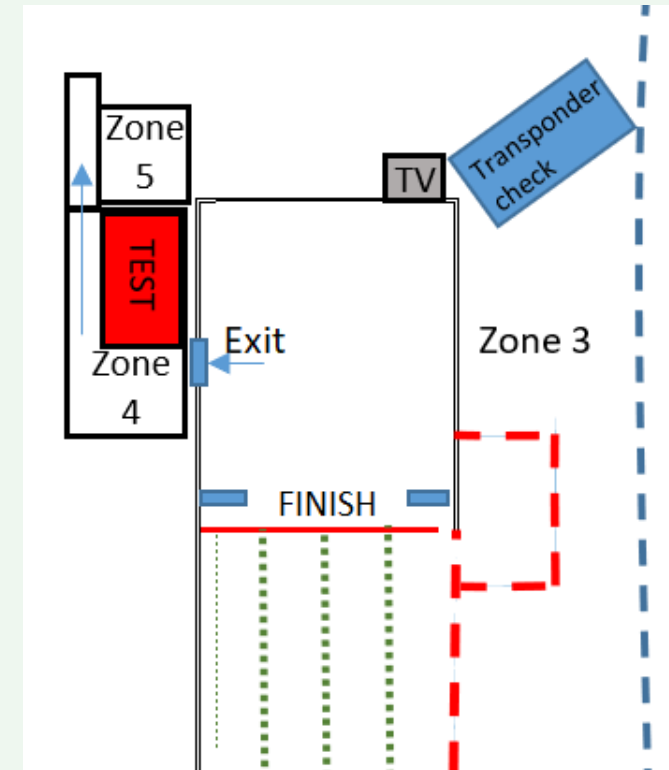
- All skis must be marked with start number, name and club before the start.
- Stickers for ski marking can be picked up at the race office. The sticker should be placed on warm skis, and behind the binding.
- After finish the skis shall be placed in Zone 4 for fluor control.
- After the fluor test is done the skis can be picked up in Zone 5.

Sprint Qualification

- All skis shall be placed in Zone 4 after qualification and picked up in Zone 5 – as other competition formats

Sprint Finals

- All skis shall be placed in Zone 4 after each heat/final.
- Competitors qualifying for Semi-finals and Finals can pick up the skis in Zone 3 in the start area before their next heat.
- No waxing/treatment/adjustment to the skis between the finals are allowed.
- After the Final and for competitors not qualifying for Semi-finals or Finals, the skis can be picked up in Zone 5 after the fluor test is done.



Start Number

- Starting bibs can be picked up by the competitors at the race office.
- Two transponders will be used during the races – 1 personal and 1 from the organiser. The organiser's transponder is picked up at the race office together with starting bib.
- Transponder check is possible at the race office.
- Starting bibs and the organiser's transponder shall be returned after each competition in the finish area.
- In Saturday's sprint, the same starting bibs will be used in the qualification and finals. Leg number bibs can be picked up from the race office before the Finals.
- Anyone who do not finish the race MUST notify the race office.
- Destroyed or lost starting bibs will be invoiced the competitors club - 800 NOK

Prize Giving

- Top 6 in each class each day will be awarded as soon as possible after finish.
- Participant prizes to **ALL** competitors can be picked up at the race office.
- Prize giving seremonies: No skis or other equipments during the prize giving ceremony. (ICR 207.1.1)

Doping Control

Doping control may be conducted, following NIF and Antidoping Norge rules.

Parking

Parking at designated areas the Lygna Skisenter.

Parking fee 100 NOK per day or 200 NOK for both days. Payment to Vipps **84258**, or cash at the race office for foreign participants.

General information from Organiser

- Fair Play – Respect the training times before the competition.
- Only training in track direction
- No-coaching zones are signposted along the course – see course map. The signs along the track marks the zone.

General information from TD

- Team leaders shall follow the Organiser's instructions (ICR 344.1)
- Competitors shall not obstruct other competitors (ICR 343.9)
- Overlapping rule (ICR 343.14) will not apply in Sunday's competitions
- Fluor testing after finish

General information from NSF

- Reminder entries to Continental Cup (Skandinavisk Cup) 12-14 January

Questions?