



WELCOME TO TEAM CAPTAINS' MEETING – LYGNA 2022

24 February 2022

JWSC 5/10 km C



www.jwsc22.com





AGENDA

- Roll Call
- Timetable
- Weather Forecast
- Start List
- Stadium
- Courses
- Ski testing and Warm-up area
- Course Preparation and Grooming
- Information from the OC
- Information from the TD
- Information from FIS





ROLL-CALL



Andorra	Canada	Germany	Russia
Argentina	Chile	Italy	Slovenia
Armenia	China	Japan	Switzerland
Australia	Colombia	Kazakhstan	Slovakia
Austria	Czech Republic	Latvia	Spain
Belgium	Denmark	Liechtenstein	Sweden
Belarus	Estonia	Lithuania	Turkey
Bolivia	Finland	Norway	Ukraine
Brazil	France	Poland	United States of America
Bulgaria	Great Britain	Romania	





Organizing committee

- Chief of competitions– Terje Nilsen
- Assistant chief of competitions – Hans Jørgen Kvåle
- Race secretary – Hanne Kvåle
- Chief of Stadium - Gudbrand Tingelstad
- Chief of Course - Dag Anmarkrud
- Race doctor - Calle Ihlen





Jury

- TD – Anna Rosa
- Ass. TD – Jenny Grip
- Ass. TD – Thomas Unterfrauner
- National TD – Geir Mauseth
- Chief of competitions – Terje Nilsen





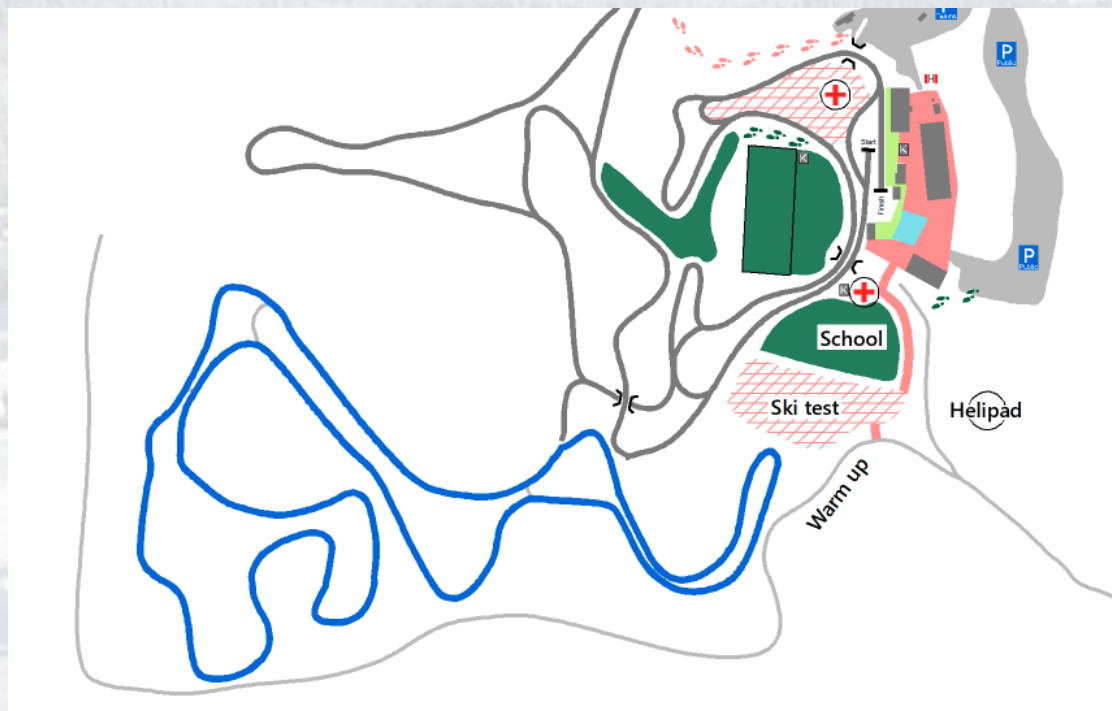
TIMETABLE 25 FEBRUARY

	5 km red course and stadium closed until 09:30 (blue course open) ONLY COMPETING ATHLETES AND THEIR SERVICE TEAM MAY ENTER THE COURSE AFTER 09:30
07:00	Service area opens
09:00	Race office open
09:30	Course open
10:50	Course closed
11:00	First start U20, Women 5 km C (1 x 5 km)
	Victory ceremony women in the stadium
	Course opens after last finisher (after forerunner crew)
12:50	Course closed
13:00	First start U20, Men 10 km C (2 x 5 km)
	Victory ceremony men in the stadium
	Sprint course closed for regrooming after race
15:00-16:00	Official training U23 Sprint
16:00	Final Team entry U23 Sprint
18:00	TCM U23 Sprint, women and men (Online team meeting)





TRAINING POSSIBILITIES



- Blue track on the map pisted for classic training. Open all day

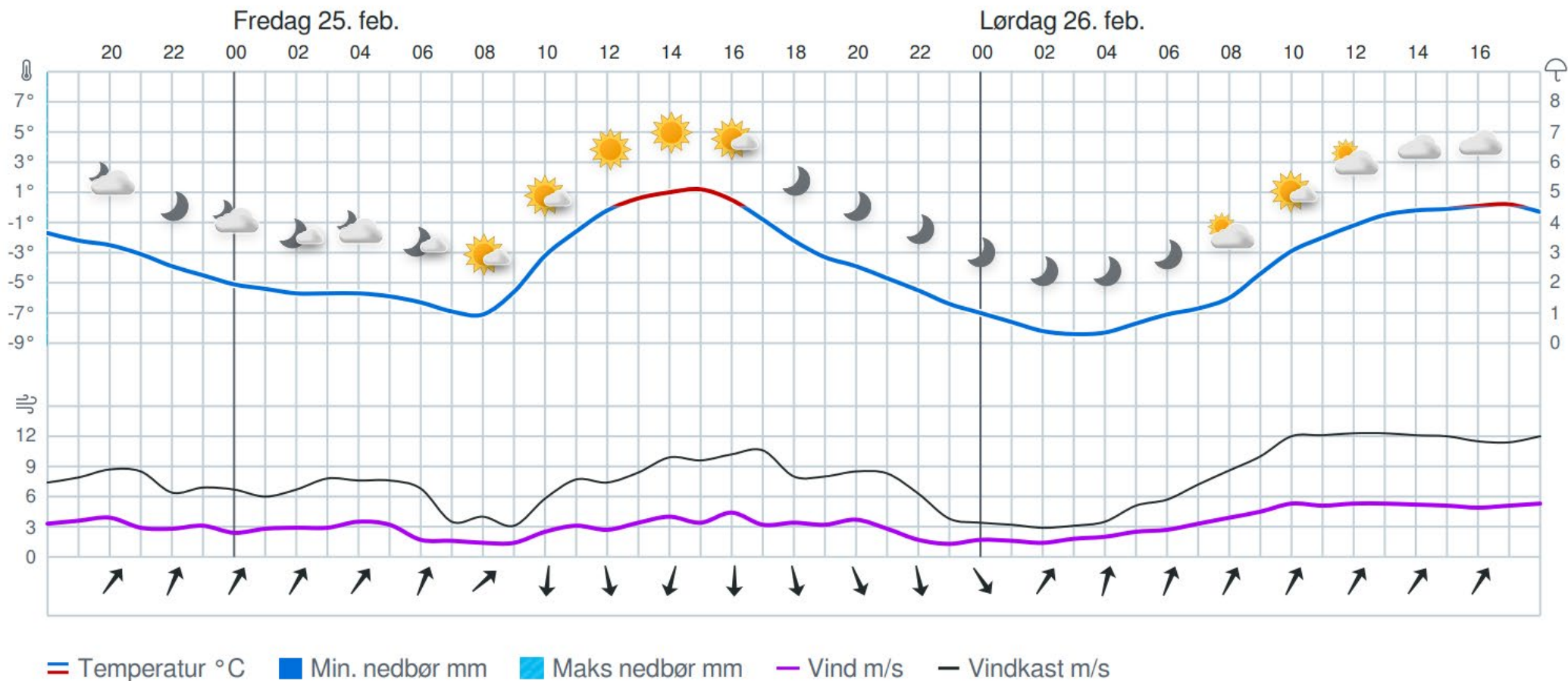
- At Lygna in all tracks outside the competition courses are open for training all day.
- Åsen skisenter – nearby Gardermoen Airport





WEATHER FORCAST 25 FEBRUARY

Meteogram 24. feb. kl. 18:00 – 26. feb. kl. 18:00





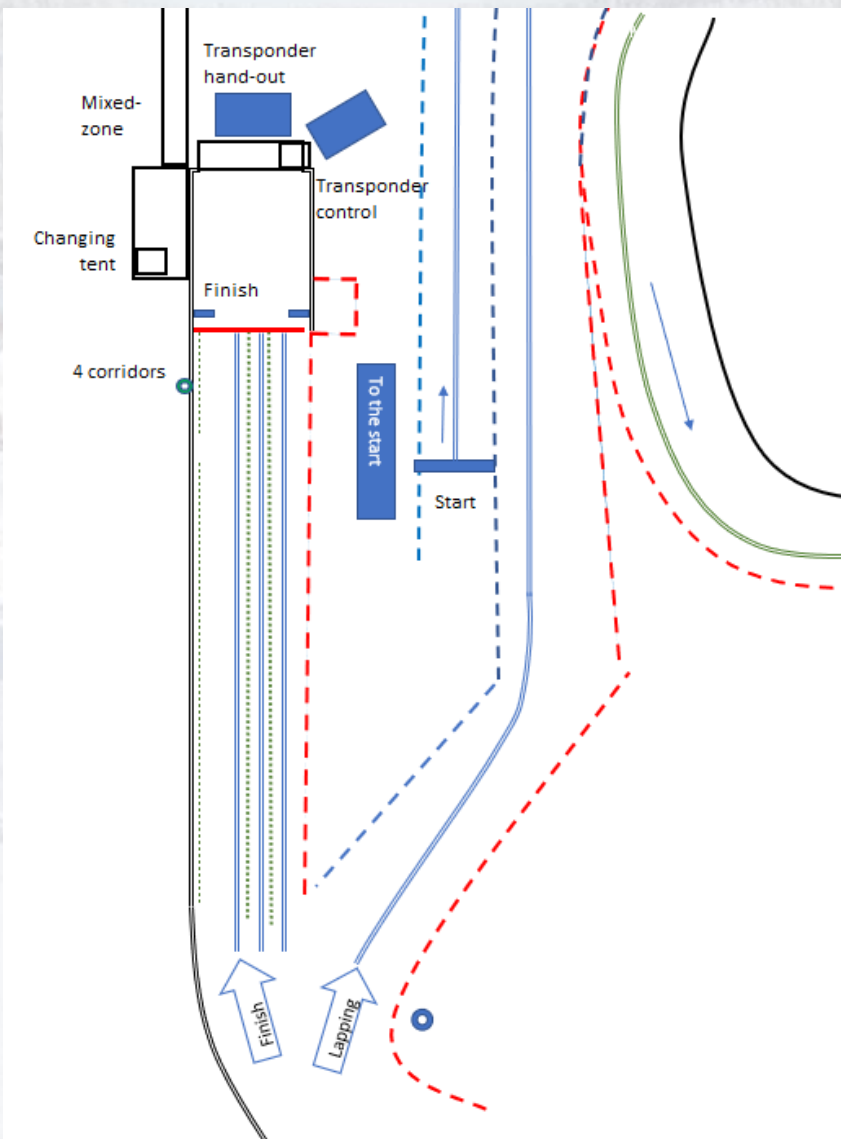
START LIST

- Seeding according to FIS points
- www.jwsc22.com





STADIUM



- Transponder hand-out at entry to start from 30 min before the start
- No coaches in the start area
- 3 corridors in the finish
- Only one coach per nation allowed in the finish area





COURSE

Course map - 5km red

25.02.2022

Women U20 5km C

Men U20 10km C



- Women: 1 x 5 km red
- Men: 2 x 5 km red
- Only 1 track in the course (2 tracks on Hengedyhaugen like in the U23)
- No-coaching zones
- Coaching zone 1,6-2 km **no entry** after first start
- Coaching zone on skiers right in the arena – only 1 coach per nation
- Download full map at jwsc22.com







SKI TESTING AND WARM-UP



- Ski test area south of stadium
- Warm up in other tracks, south of ski test area





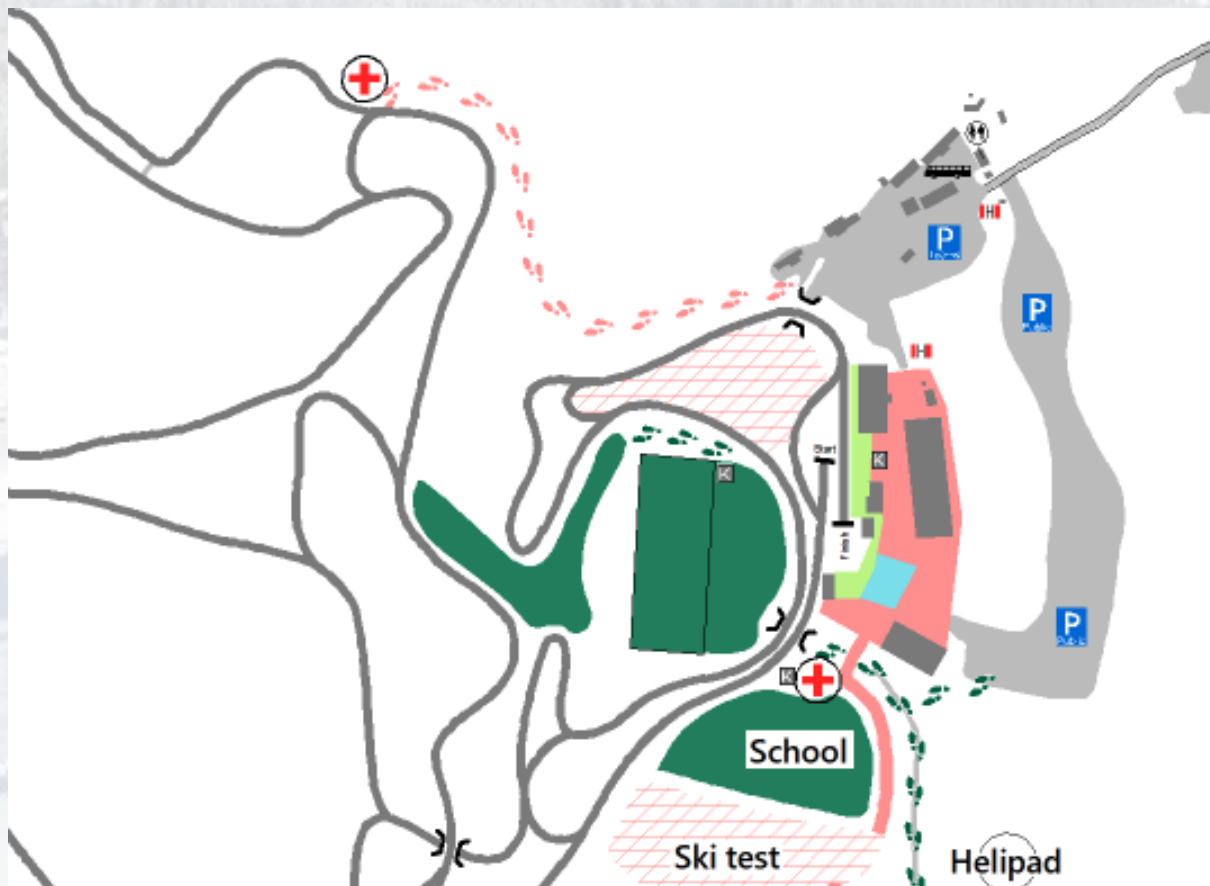
COURSE PREPARATION AND GROOMING

- Courses will be groomed before 23:00
- Courses will be closed until 09:30 25 February





SAFETY



- Rescue service along the course (at 1 + 2,7 km) and in arena





FINISH AREA/AWARD CEREMONY

- Current leader will be in leader chair in the finish area
- Top 3 **must** to stay in the finish zone after finish + top 6 must stay in the finish area (changing tent) – **Coaches must bring jackets, food and equipment**
- Top 3: Flash interviews in finish area right after race finish
- Top 3: Winner presentation 5-10 min after race finish
- Top 6: Award Ceremony after results are official 20-25 minutes after race finish
- Media will take photos first – then others





DOPING CONTROL

- Doping control may be conducted, following FIS and WADA rules.





INFORMATION FROM OC

- Training
 - Help us give you the best possible conditions. Respect the training times before the competition. Only «today's» competitors may train in the tracks before the start.
 - Only training in track direction
- Start number bibs and timing transponders:
 - Start number bibs are handed out to the team leader in the race office after 09:00.
 - Transponders are picked up by the competitors at the entrance to the start area, earliest 30 min before the start.
 - Competitors can keep the start number after the competition.
- No-coaching zones are signposted along the track - see track map. The signs along the track marks the zone.
- Everyone who do not finish the race **MUST** notify the race office.
- No teams in the Press-center – use changing tent





INFORMATION FROM TD

- Individual start // competitors who are being passed must give way on first demand [343.10.1]
- Classical technique!
- Start List // New FIS Points list has been used
- TV // Please follow OC instructions!
- **STARTING GATE** // Poles must be placed in front on the starting gate
- **ARGENTINA** // Please stay online after the meeting





INFORMATION FROM FIS

- TV production from tomorrow on
- Current leader of Interval Start will be on Leader Chair in Finish area
- Top 3 Flash Interviews: brief your athletes!
 - In English; 1-2 questions for each Top 3 athlete
 - If translation is needed, they should be in Finish area
 - Top 3 cannot leave Finish area until after Winner's presentation: bring changing clothes there
 - Medal ceremony (Top 6) will be approx. 15 – 20 min after unofficial result is published
- Deadline for Final Entries: 2 hrs before TCM)





QUESTIONS?

