



WELCOME TO TEAM CAPTAINS' MEETING – LYGNA 2022

21 February 2022

JWSC 15/30 km Mass-Start F



www.jwsc22.com





ENTRIES

- Please check entry list. Let us know immediately!





AGENDA

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





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	





TIMETABLE 22 FEBRUARY

7:00	Service area opens
11:00	Course ready + Race office open
12:50	Course closed
12:55	March-in U20 women
13:00	Start 15 km Mass start F U20 women
14:30	Victory ceremony women at the stadium
	Course opens after last finisher
14:50	Course closed
14:55	March-in U20 men
15:00	Start 30 km Mass start F U20 men
17:00	Victory ceremony men at the stadium
	Course closed for regrooming
17:30-18:30	Official training U20 relay (after regrooming is finished)
17:30-18:30	Unofficial training U23, 10 km/15 km
18:00	Final Team Entry JWSC Relay
19:00	TCM Relay U20, women and men relay (Online team meeting)





BUS SCHEDULE 22 FEBRUARY



From Scandic Oslo

Airport Hotell

07:00
07:00
08:00
08:30
09:30
10:00
10:00
10:30
11:30
12:00
12:00
12:00
12:30
16:00
16:30

Return from Lygna

11:00
12:30
14:30
15:00
15:00
15:30
17:30
17:30
18:00
18:00
18:30
19:00

Only Competing athletes



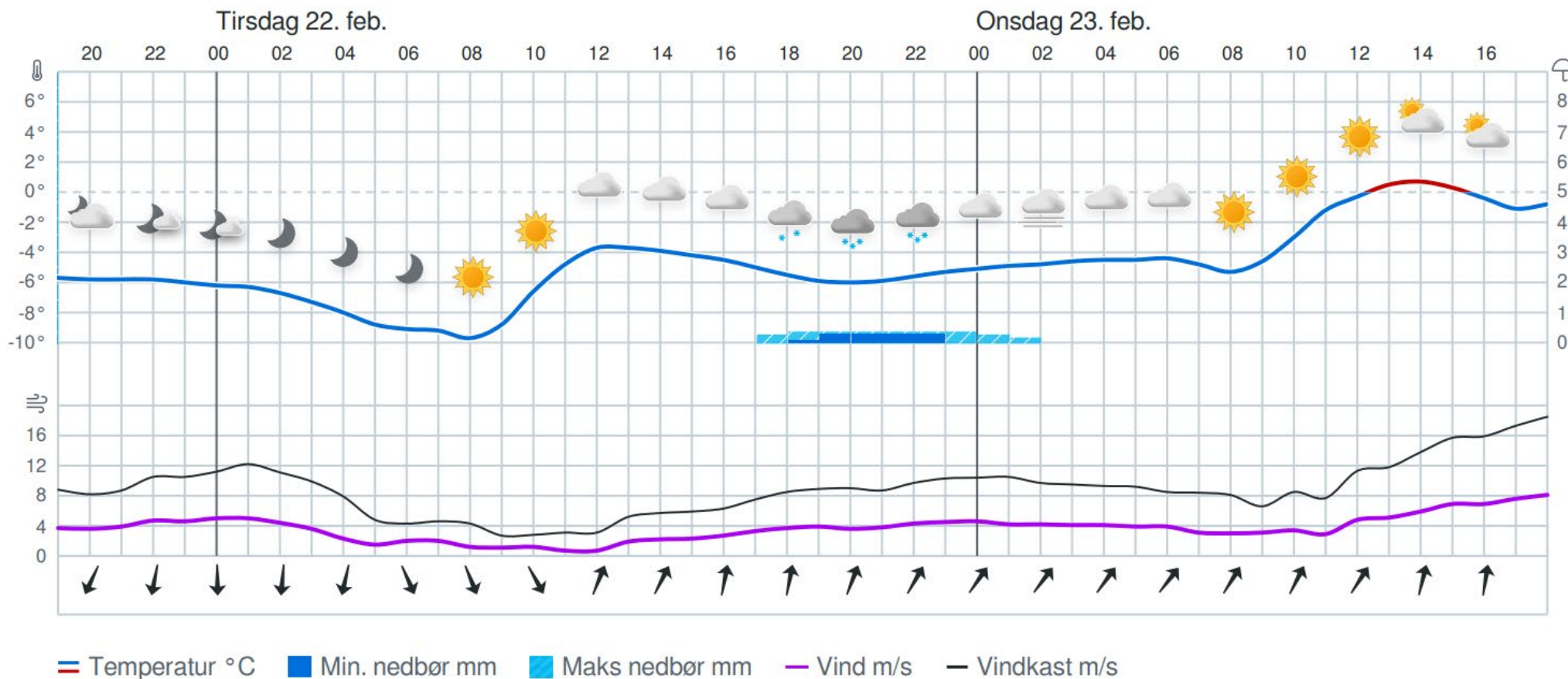
See full bus schedule at www.jwsc22.com





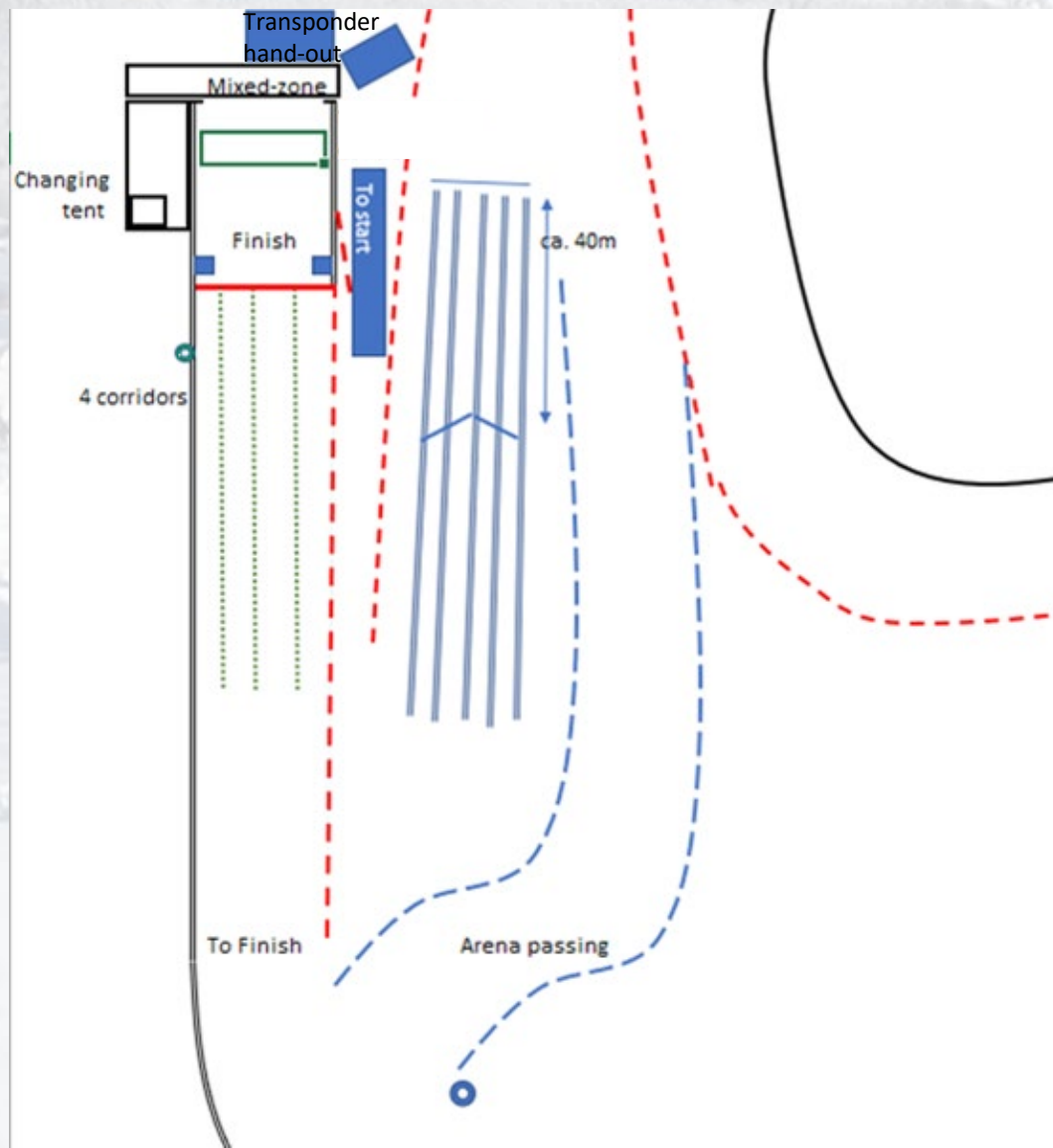
WEATHER FORCAST 22 FEBRUARY

Meteogram 21. feb. kl. 19:00 – 23. feb. kl. 18:00





STADIUM

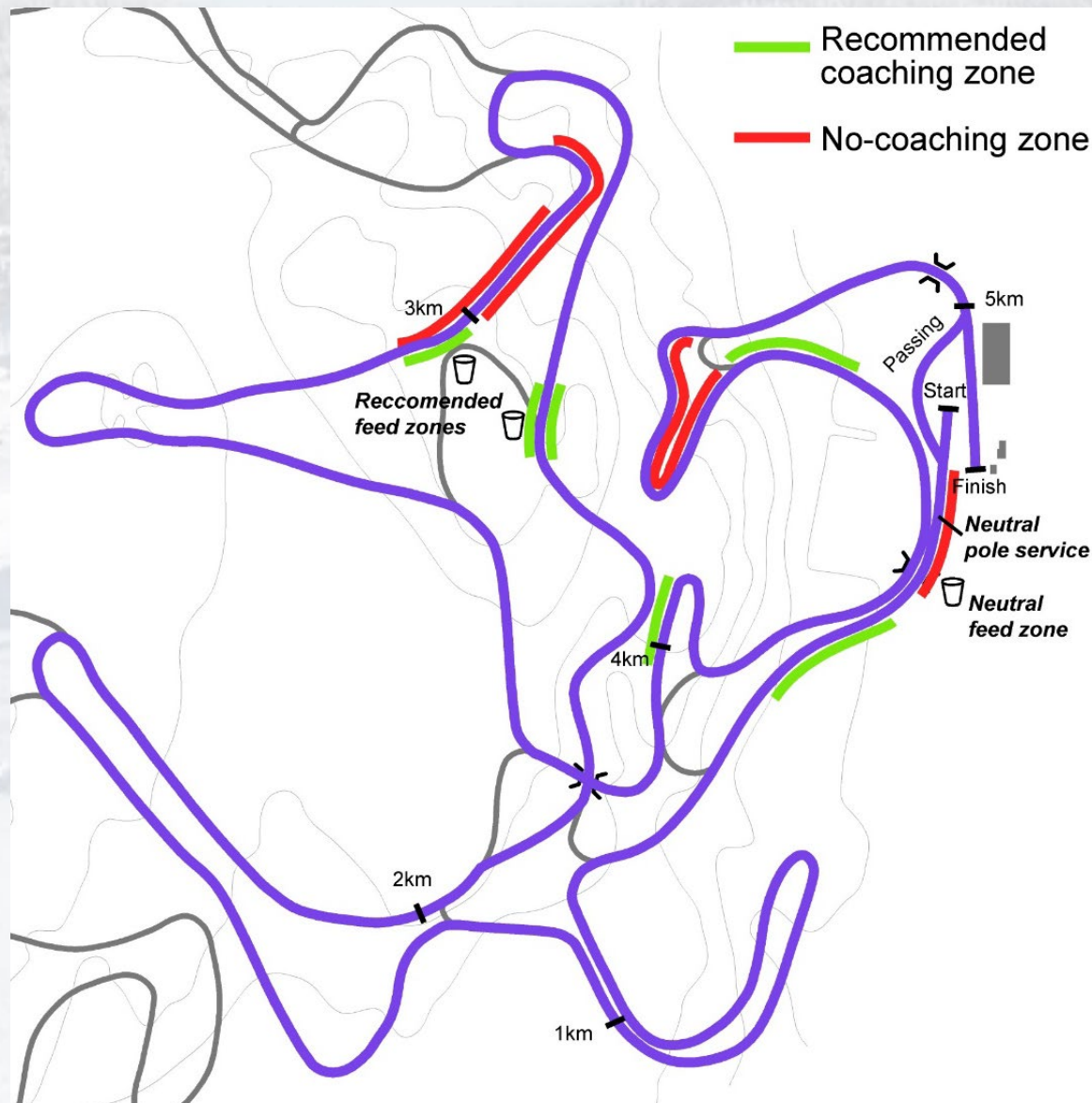


- Transponder hand-out at entry to start from 30 min before the start
- March-in 5 minutes before start
- No coaches in the start area
- Plow start with gun shot
- 40 meters no-skating zone from the start
- 4 corridors in the finish
- Only one coach per nation allowed in the finish area





COURSES

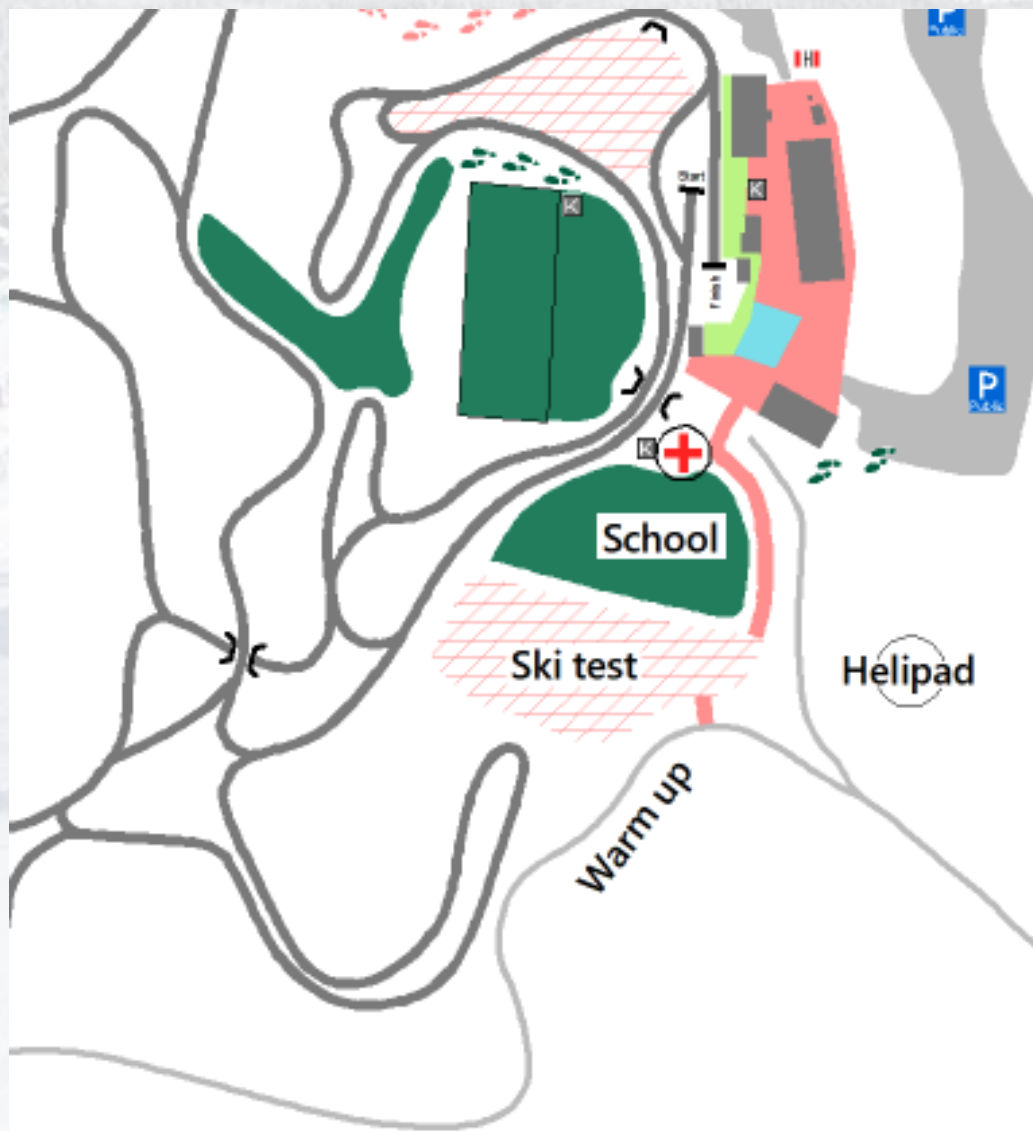


- Organiser will have neutral pole service and feed zone in the stadium
- No-coaching zones – same all days until Friday
- Recommended coaching zones
- Download full map at jwsc22.com





SKI TESTING AND WARM-UP



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





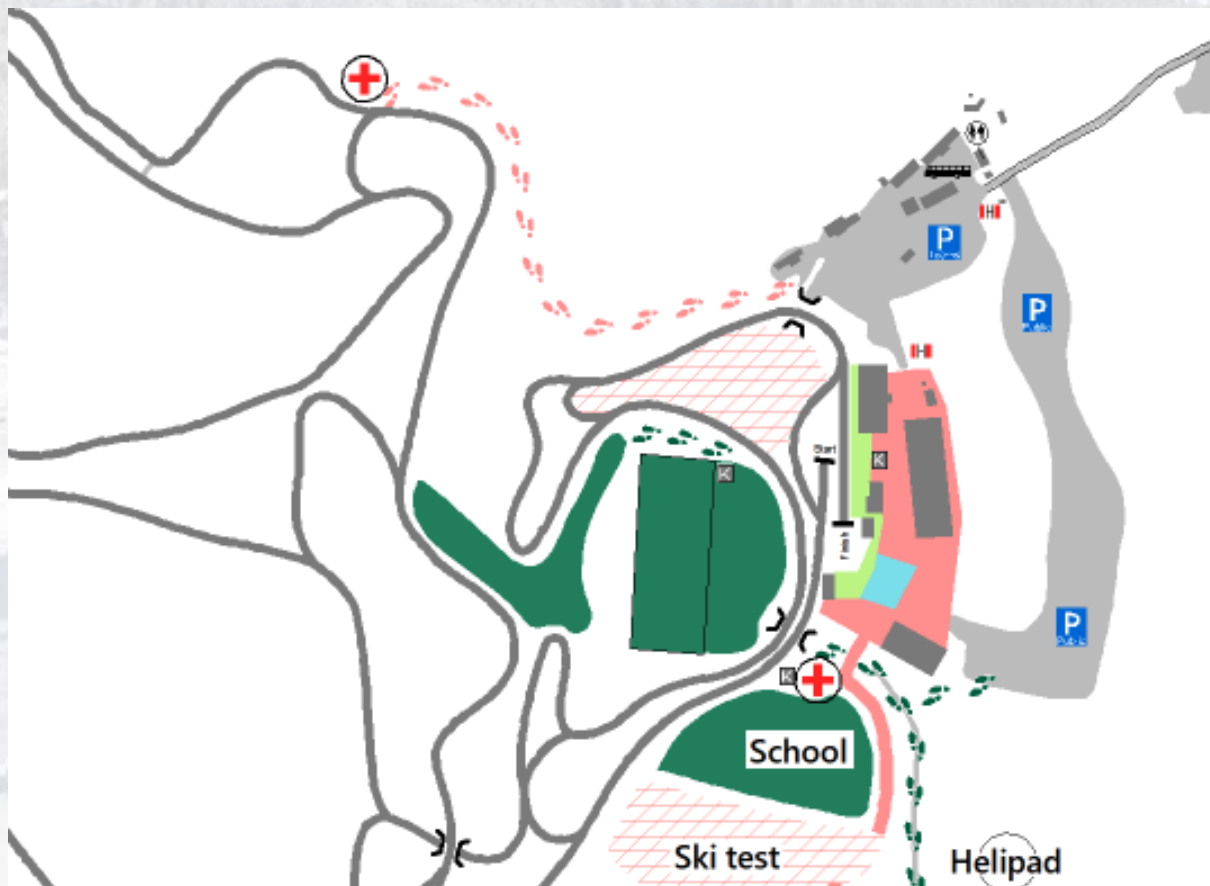
COURSE PREPARATION AND GROOMING

- Courses will be groomed between 21:00-23:00 21 February
- Courses will be marked by 11:00 22 February





SAFETY



- Rescue service along the course (at 2,8 km)





AWARD CEREMONY

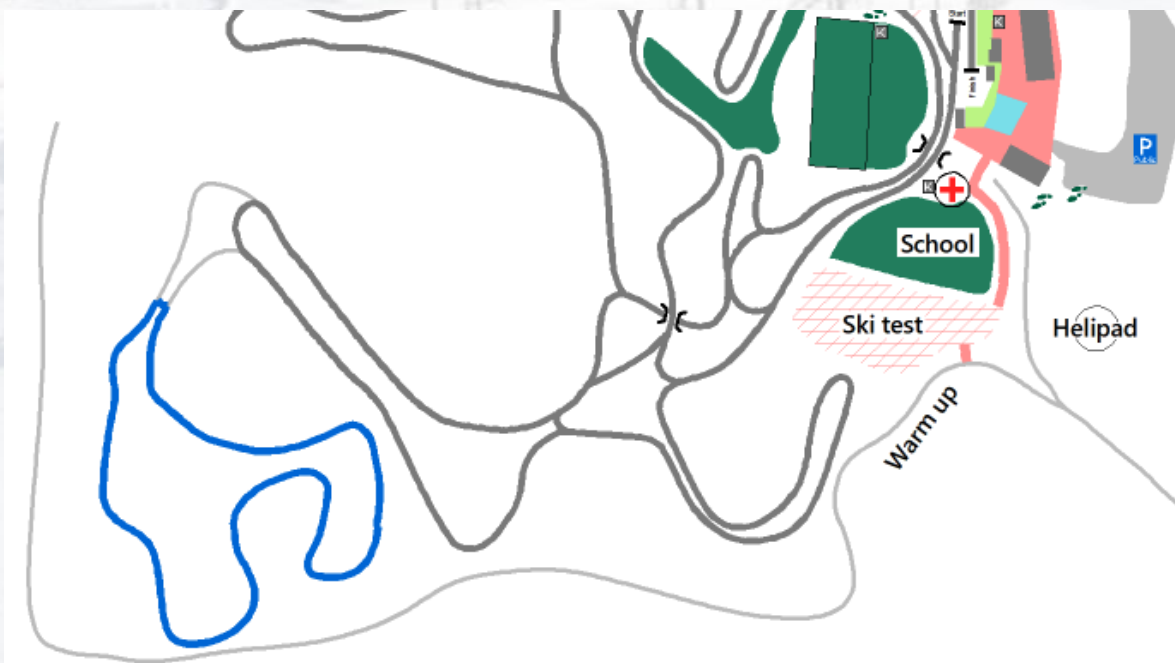
- Award ceremony for top 6 in the stadium after each competition – see time schedule





TRAINING POSSIBILITIES

- At Lygna in all tracks outside the 5km purple mass-start course
- Åsen skisenter – nearby Gardermoen Airport



- Blue track on the map pisted for classic training





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 and leg number are handed out to the team leader in the race office after 11:00. Two leg numbers - one on each leg
 - 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.





INFORMATION FROM TD

- **WR** // Written reprimands given during the season are not valid in the JWSC, WSC and OWG periods [ICR 352.2.3]
- **OVERLAPPING** // Competitors who are lapped or instructed by competition officials to stop the competition, must abandon the competition. They will be ranked in the final results (no time) according to their ranking at their last intermediate timing point. [343.14.1]
- **COACHING AND FEEDING** // Coaches and others are not allowed to run more than **30 meters** beside the competitors and while giving refreshments to the competitors they must ensure not to obstruct competitors and must maintain a **fixed position**. [ICR 344.2]
- **FINAL ENTRIES** // The final entry for each competition has to be done in the FIS entry system **until 2 hours before** the respective Team Captains Meeting. [JWSC rules 12.4] **Only for tomorrow the deadline will be moved up to 1 hour before the TCM.**
- **DNS** // Competitors, who are on the starting list and cannot take part in the competition because of illness or other reasons, must be **reported by the team captain to the competition secretary** at latest 30 min. before the start. If any of these competitors were selected for doping control, they must still be tested [ICR 313.4.5]
- **SUBSTITUTION** // After the draw competitors can only be substituted if they cannot start due to force majeure (injury, illness, etc.) and if the Jury permits the substitution. This has to be certified by a medical doctor and communicated to the Jury until 2 hours before the start. FOR MORE DETAILS SEE ICR 313.4.2





INFORMATION FROM FIS

- The athletes must pass through the Mixed Zone after finish
- Winner interview immediately after finish





START LIST

- Seeding according to FIS list
- <https://www.skiforbundet.no/jwsc2022>





QUESTIONS?

